



discover. cook. nourish.

the why and how of
whole foods cooking

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Curriculum designed by Cynthia Lair, Cookus Interruptus, LLC

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Welcome!

Thank you for joining us. Get ready to have fun. We intend to engage your head, heart and hands as we learn about food.

We all have voices in our heads telling us to be better, to do more. “Give money to good causes.” “Be ‘greener’.” And, of course, “Eat better.” The good news is that we’re already eating. There’s no extra task involved there. Today we’re going to look at WHAT we eat, and present the case that eating well is not so daunting a task.

Rather than try to change how the rest of world eats, we appeal to you as an individual. What’s on your personal plate? How could your food have more vitality and bring more joy? How could it look, smell and taste better? And what conditions need to be in place so that cooking simple food becomes fun?

When you hear yourself think, “That won’t work, because...,” or “Yes, but...,” or a flat out “No,” try an experiment. Say “Yes, and...,” or “Of course,” to seemingly impossible ideas, even if you don’t believe them. Try it! Amidst the creative “nonsense” that emerges, you may discover a simple, very do-able solution that’s been lurking there all along. These solutions begin to appear when we retire the word “no” from habitual use.

Allow your food fare to shift toward a wholesome paradigm. Just say “Yes” to that. We believe it will bring positive energy into your lives and the lives around you. That’s why we’re here.

Cynthia Lair, Cookus Interruptus LLC
Workshop Creator

“All great change in America begins at the dinner table”

-- Ronald Reagan, 1989

Schedule

Introductions and Games

Discover:

Presentation: Whole Foods

Show and Tell: Grains and Beans

Hands On: The Base Whole Grains

Presentation: Whole Grains and Beans

Cook:

Show and Tell: Knife Skills

Hands On: The Middle: Vegetables and Protein, The Top: Sauces, Salsas and Garnishes

BUILD A BOWL LUNCH

Nourishing Ideas:

Presentation: Shopping for the Best

Presentation: Constructing Balanced Meals

Presentation: Yes AND...

Hands On: Fruits and Snacks

Q&A

Insights

Learning Objectives

At the end of the workshop participants will be able to:

- ❖ Begin to understand the connection between food quality and some of the illnesses facing adults and children.
- ❖ Describe what is meant by a whole food, a processed food and a refined food.
- ❖ Identify a variety of whole grains, recognize their benefits and prepare three different grains.
- ❖ Demonstrate basic cutting techniques.
- ❖ Know why local and organic choices are more sustainable.
- ❖ Transform a variety of vegetables and fruits into attractive dishes.
- ❖ Shift the current perception of what is meant by a balanced meal to a whole foods model.
- ❖ Imagine a healthier, more sustainable school food culture and outline baby steps toward realizing it.

Discover:

Food for Well-Being



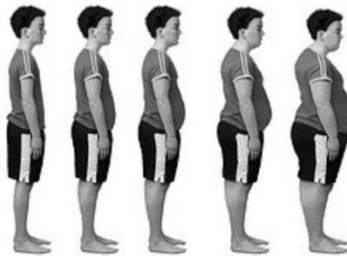


Whole Foods

Why change the way we eat?

Our children's' health:

- ❖ This generation of children will have a SHORTER life expectancy than their parents because of poor quality, industrialized food
- ❖ 30% of children ages 6 to 19 are overweight, and 15% are obese
- ❖ 33% of all children born in 2000 will develop diabetes
- ❖ 2000% increase in amphetamine prescriptions for children since 1990
- ❖ 25% of American children take prescription medicine daily for chronic illnesses
- ❖ Lack of exercise and environment contribute, but quality and quantity of food is key



Adult health due to eating patterns:

- ❖ Currently, Americans eat 200-500 calories more per day than in the 1970's
- ❖ The result of all these excess calories?
 - Obesity has tripled in young adults
 - New diagnoses of diabetes have doubled
 - Current estimates are that one-third of Americans will have diabetes by 2050

The hidden costs of cheap food:

- ❖ Obesity is associated with a 42% increase in health care costs
- ❖ \$15 billion (from taxes) in subsidies to farmers to produce large quantities of corn and soy to make inexpensive food substances
- ❖ 75% of health care spending goes towards treating preventable chronic disease, mostly diet-related

How did this happen?

- ❖ We changed from eating real food to eating manufactured food stuff made from the overproduction of subsidized crops
- ❖ We increased portion sizes due to the abundance of cheap food
- ❖ We lowered our intake of natural fats... and replaced it with refined foods and sweeteners
- ❖ We started drinking more calories in sodas and specialty drinks. Liquid calories don't trigger satiety signals
- ❖ We quit eating leisurely at the dinner table... and started eating fast without tasting and enjoying our food
- ❖ We let food manufacturers separate "kid's food" from family food, which trained our children to prefer junk and to believe that they should have special food



What do these words mean?

Processed, Refined, Whole Food, Nutrient Rich

“Processed”

- ❖ When a food is processed, it is somehow changed from its original form
- ❖ All of the original edible parts of the food may or may not be present

“Refined”

- ❖ All refined foods have been processed. However, refined food has had one or more of its original edible parts removed.
- ❖ What’s wrong with refined foods?
 - Nutrients are lost in the refining process, including fiber, vitamins and minerals
 - Things may be added to refined foods that aren’t food
 - Parts of the food may be altered in the refining process that cause health problems
 - When we eat a food that is not whole, we crave the missing parts



What is a whole food?

Ask yourself **FIVE** questions:

- ❖ Can I imagine it growing?
- ❖ How many ingredients does it have?
- ❖ What's been done to the food since it was harvested?
- ❖ Is this product "part" of a food or the "whole" entity or are all of the original edible parts present?
- ❖ How long has this food been known to nourish humans?



Reprinted from **Feeding the Whole Family** by Cynthia Lair (Sasquatch Books, 2008)

"Nutrient-rich"

- ❖ A food is considered to be nutrient-rich when its contribution to our nutrient needs is greater than its contribution to our energy needs
- ❖ In other words, it has enough nutrients in it to justify the amount of calories it adds to our day's allowance

Embrace unrefined, whole, nutrient-rich foods.



Whole Grains

Humans and grains

Grains throughout human history

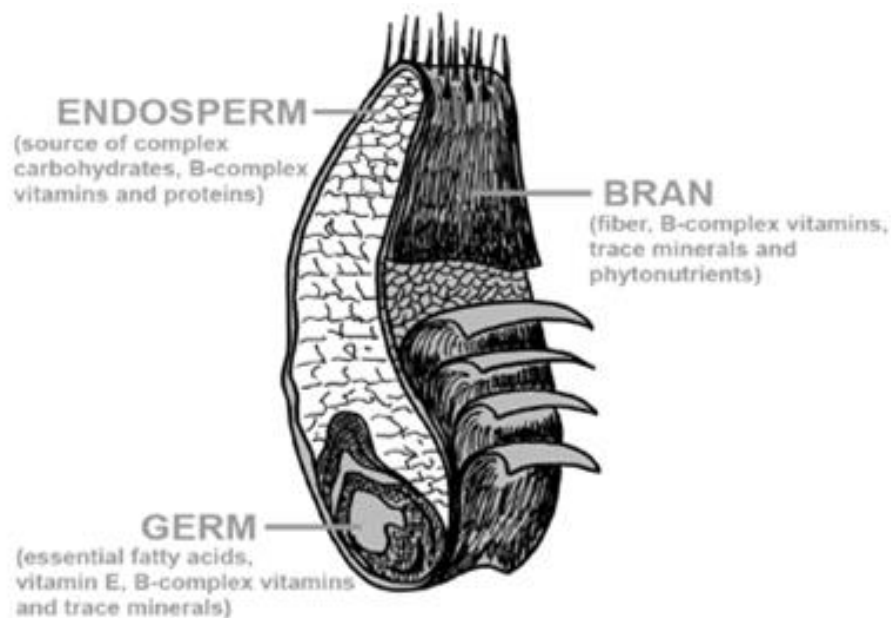
- ❖ Humans have been eating whole grains for 9,000 years
- ❖ Living in one location together in order to grow food marked the rise of civilization
- ❖ The first form of grain eaten by humans was a flatbread made of a mixture of flour and water
- ❖ Grains are a part of religious rituals all over the world and are revered as essential to life

Why were grains first refined?

- ❖ Digestibility
- ❖ Status
- ❖ Shelf life
- ❖ Higher calories

Refined grain

- ❖ The *bran* and the *germ* have been removed, leaving only the *endosperm*
- ❖ Refined grains are mostly carbohydrates
- ❖ “Enriched” means the flour is fortified with some of the B vitamins and iron
- ❖ 85% of all grain products consumed in U.S. are refined cereals



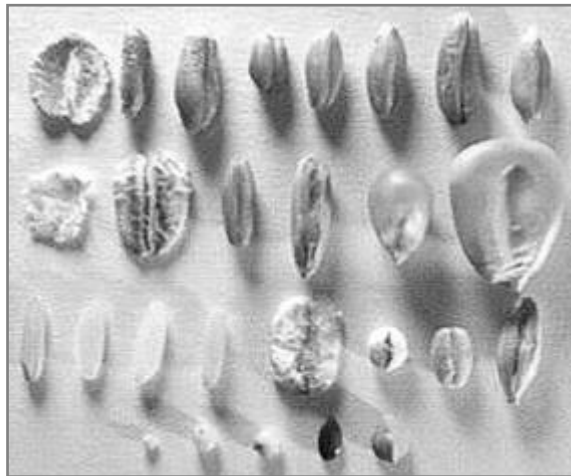
Whole grains

Why are whole grains healthier than refined grains?

- ❖ The *bran*, the *germ* and the *endosperm* are intact
 - The bran contains vitamins B1, B2, B3, trace minerals and magnesium, phosphorous, iron, zinc and FIBER
 - The germ contains vitamins B1, B2, B3, and E; magnesium, phosphorous, iron and zinc; some protein and fat
 - The endosperm contains mostly carbohydrate, some protein
- ❖ Whole grains are more nutrient-rich than refined grains
- ❖ Only 10% of Americans consume 3 or more servings of whole grains a day

Examples of whole grains

- ❖ Amaranth
- ❖ Barley
- ❖ Brown Rice
- ❖ Buckwheat
- ❖ Corn
- ❖ Millet
- ❖ Oats
- ❖ Quinoa
- ❖ Spelt
- ❖ Teff
- ❖ Wild rice



Each grain has unique properties. Some less-common whole grains include:

Amaranth, Buckwheat, Millet, Quinoa, Spelt, Teff

Research and whole grains

Health benefits of whole grains

- ❖ Slow releasing carbohydrate: a longer-burning fuel that gives us sustained energy throughout the day
- ❖ Fiber: Helps us feel full faster, keeps the digestive tract healthy, and feeds the beneficial bacteria that live in our colons
- ❖ Liveliness: the germ can sprout and create new life

Survey says...

Research confirms the importance of whole grains in preventing disease:

- ❖ Lowers blood pressure
- ❖ Decreases bad cholesterol and increases good cholesterol
- ❖ Reduces abdominal fat
- ❖ Decreases one's risk of developing heart disease, cancer, obesity, diabetes and infertility

Diets rich in whole grains, legumes, fruits and vegetables are:

- ❖ Consistently associated with a decreased risk of chronic diseases and lower overall mortality
- ❖ High in fiber, minerals, B vitamins, vitamins A,C, & E and phytochemicals
- ❖ Low in saturated and trans fats



Finding whole grains on labels

Words you may see on packages	Are these whole grains?
<ul style="list-style-type: none">• Whole grain [name of grain]• Whole wheat• Whole [other grain]• Stoneground whole [grain]• Brown rice	<i>YES -- Contains all parts of the grain, so you're getting all the nutrients of the whole grain.</i>
<ul style="list-style-type: none">• Wheat flour• Semolina• Durum wheat• Organic flour• Multigrain (may describe several whole grains or several refined grains, or a mix of both)	<i>MAYBE -- Some parts of the grain may be missing, so you are likely missing the benefits of whole grains.</i>
<ul style="list-style-type: none">• Enriched flour• Degerminated (i.e., on corn meal)• Bran• Wheat germ	<i>NO -- These words never describe whole grains.</i>

Working with whole grains

Flours

- ❖ *White flour*: Wheat flour that has been refined and bleached for maximum softness and whiteness
- ❖ *Unbleached flour*: Wheat flour that has been refined but not bleached, giving it a tan color
- ❖ *Wheat flour*: Any flour made from wheat
- ❖ *Whole wheat flour*: A whole grain flour made from hard red winter wheat which has ample gluten making it perfect for bread making
- ❖ *Whole wheat pastry flour*: A whole grain flour made from finely ground from soft spring wheat which has less gluten making it perfect for baked goods

Storing whole grains

- ❖ Whole grains should be stored in an airtight container in a cool dry place
- ❖ Most will keep 6-9 months on the shelf
- ❖ Flours made from whole grains and cracked or ground grains will keep 1-2 months in a cool dry place, 6 months in the refrigerator, and a year in the freezer

Cooking whole grains

- ❖ If purchased in bulk, rinse whole grains to remove dust and debris, cracked or toasted grains do not need to be rinsed
- ❖ Whole grains typically require more water to cook than refined grains
- ❖ Always add salt at the beginning of cooking
- ❖ Never stir grains while they are cooking
- ❖ Make sure all of the water is absorbed by tipping the pan
- ❖ To create fun flavors:
 - Use liquids other than water, such as chicken stock, juice, or coconut milk
 - Sauté grains in fat, oil and spices before cooking in water
 - Add fresh herbs to freshly cooked grains
 - Dress cooked grains with a vinaigrette, citrus juice and olive oil, or top grains with sauce

Beans



Humans and beans

Beans throughout human history

- ❖ Evidence of the use of beans (also called legumes) in the human diet dates back to 7000 BC in Mexico
- ❖ In Europe and America, beans were thought of as the “poor man’s meat” while in India and Asian countries beans were more highly honored as “king’s food”
- ❖ Served as a daily staple throughout most of history, but in modern society beans were replaced with animal protein
- ❖ There are 14,000 members of the legume family

Benefits of beans

- ❖ Beans are a whole food containing protein, carbohydrate, fat, vitamins, minerals and fiber
- ❖ Low in fat
- ❖ High in soluble fiber
- ❖ 17-25% protein (twice as much as cereals)
- ❖ Very inexpensive
- ❖ Legumes grow in relatively poor soil and the yield-per-acre is high

The perfect couple

What one lacks the other one has. When eaten together at a meal, whole grains and beans are a balanced source of protein.

The perfect couple



Whole Grains + Beans

Examples of beans

Small Beans:

- ❖ Green or brown lentils
- ❖ Red lentils
- ❖ Green or yellow split peas
- ❖ Black-eyed peas
- ❖ Mung beans
- ❖ Adzuki beans



Big Beans:

- ❖ Chickpeas (garbanzos)
- ❖ Pinto beans
- ❖ Black beans
- ❖ Lima beans
- ❖ Navy beans
- ❖ Kidney beans
- ❖ Great northern beans
- ❖ Swedish brown beans
- ❖ Cannellini beans



Beans, the musical fruit

Why do beans cause flatulence?

- ❖ Oligosaccharides in beans are responsible for producing gas when beans are eaten.
- ❖ Oligosaccharides are not able to be digested by human digestive enzymes in the stomach and small intestine
- ❖ The oligosaccharides are digested in the lower intestine (colon) by the large bacterial population that lives there. Gut bacteria love oligosaccharides and literally eat them for lunch. In the process various gases, primarily carbon dioxide, are produced as waste products
- ❖ Other seeds contain oligosaccharides; however, legumes rank high in content.

How to reduce flatulence

- ❖ Soak beans overnight and discard soaking water
- ❖ Cook beans with other digestion-enhancing herbs such as winter savory, cumin or fennel
- ❖ Cook beans with kombu seaweed
- ❖ Let beans cook slowly for a long period of time
- ❖ Parboil beans as a pretreatment (skim off foam)
- ❖ Eat small amounts frequently to allow the body to get used to digesting them
- ❖ Marinate while still warm
- ❖ Improve your overall digestion



More about beans

Shopping for beans

- ❖ Beans should appear colorful and shiny
- ❖ As they age, they fade and become dull
- ❖ Older beans are still viable but lose flavor and take longer to cook

Storing beans

Dry beans can be stored in an airtight container in a cool dark place where they will keep for several months

Cooking beans

- ❖ Soak first
- ❖ Cook “low and slow”
- ❖ Tender beans will mash easily on the roof of the mouth

Healthy for the body, the pocketbook and the planet!

Knife Skills



Choosing Knives

The most essential knives are perhaps a 3" or 4" paring knife for paring and slicing fruit and vegetables, a 5" or 6" utility knife for general peeling, slicing, and carving, an 8" or 9" chef's knife for chopping and dicing, and an 8" or 9" bread knife.

Chef's Knife

This knife is the work-horse of the kitchen. It has a very broad blade (called the Flat) and can range in length from six to twelve inches - the eight inch size being the most popular. The chef's knife is used for all the chopping, mincing and dicing tasks and is essential for preparing vegetables.



A French or German chef's knife, which has a pointed tip and curved blade, is generally used on a cutting board by rocking it on its gently curving edge, using the tip as a stationary pivot. Its broad blade keeps the knuckles from hitting the cutting board.

A Japanese style chef's knife can have a pointed tip (known as a *santoku*) or a blunt tip (*usuba*). In either case, the blade edge is straight and the edge of the knife is kept parallel to the cutting surface. A sliding motion, rather than rocking, is used for slicing. The tip may be anchored to the board for mincing.



Use the back of your knife to scrape foods from the board. Use the flat side for crushing things like garlic.

Recommended Knives

- ❖ Classic Caddie Kitchen Knife
- ❖ Victorinox 8" Chef Knife
- ❖ ICEL Absolute Steel
- ❖ Furi East West Knife
- ❖ Global 8" Chef Knife
- ❖ Other high-end brands: Henckels, Wustof, Dexter-Russell

Most of the above can be found on Amazon and other internet sites, retail kitchen stores and commercial food service equipment companies.

Knife Construction

Forged - This is a process whereby metal is treated, in different steps, to enhance its hardness, density and flexibility. Forged knives are often heavier and better balanced. They are easier to keep sharp, and, with care, can last for generations. You can usually recognize such a knife most easily by the presence of a prominent bolster between handle and blade; a few forged knives are made without a bolster.

Stamped - Such knives are cut or stamped out from flat metal. They do not undergo the steps associated with forging and are thus lighter in weight, are usually not well balanced and not as comfortable in the hand. Because the metal is not as dense as that of forged knives, they don't hold their edge as well.

Bolster - An integral part of most good knives, it is a thick piece of metal between the handle and the blade, made to add weight to the knife, provide it with better balance and a comfortable resting place for the hand. It is sometimes called the shank.

Tang - This is the part that runs from the bolster back into the handle. The best knives have a full tang, and, except for some of the sealed-handled knives, it is visible on the top, back and bottom of the handle, held securely by multiple rivets. A half tang is the next preference, visible on top and back of the handle, but not on the bottom.

Handle - Usually made of wood, plastic, a combination of the two, or metal. The handle envelops the tang, and is usually fastened by rivets or encased in the plastic or metal. Wood offers an excellent grip but requires regular care; keep it out of water and rub occasionally with mineral oil. Plastic may become somewhat brittle in time, and can be slippery in the hand.

Maintaining Knives

Regular Care – A good quality knife should never be subjected to the harsh detergents and scalding temperatures of a dishwasher. Also, the thrashing of utensils, which is likely to occur, is likely to damage the sharp edge of the knife.

Certain food acids can stain even the most stainless of knives, so it is good practice to always wipe a knife clean right after each use. Don't let foodstuffs dry on the blade, because the knife becomes more difficult and hazardous to clean.

Get into the habit of cleaning it right away; simply lay the blade on a flat surface, carefully wipe one side with a wet cloth, then the other. You should, however, use soap and hot water to clean the knife after it has been used to cut poultry, meat or fish.

Storage – A knife is best stored away from other utensils that might damage the edge by contact. Keep it in a wooden or polyethylene block or in a sheath especially made for this purpose. In a slanted block with vertical openings, store knives with their edge up.

Cutting Boards – We recommend wooden or polyethylene cutting boards, which create the least resistance against the edge of a knife. Avoid cutting on ceramic, marble, metal, or hard plastic surfaces, which would quickly dull a knife's sharp edge.

Cutting Vegetables



Dice – Cut food into uniform cubes anywhere from ¼ inch to 1 inch across.



Mince – Cut into very small, indistinct pieces by quickly moving the knife back and forth over the food (as for garlic or ginger).



Chop – Basically the same as dice but without the implied precision of squares. Irregularity of size and shape is okay. (Usually fresh herbs and nuts are chopped.)



Rounds – Cut long vegetables straight across in even parallel slices to produce round pieces of a given thickness.

Half Rounds – Slice long vegetables in half lengthwise. Place center down on cutting board. Cross-cut in half rounds.

Quarter Rounds – Slice long vegetables in half, then again in quarters, lengthwise. Cross-cut into quarter rounds to desired thickness.



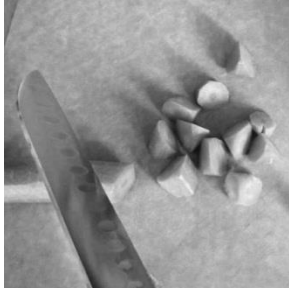
Diagonal – Slice long vegetables at an angle so you end up with oblong pieces of a given thickness. The steeper the angle, the longer the slice.



Matchstick or Julienne – Slice long vegetables into long diagonals, then stack them up and slice lengthwise into strips. Or cut the vegetable into 1- to 2-inch lengths, then cut the lengths into 1/8- to 1/4-inch slabs, and finally into strips.



Log or Baton – Cut the vegetable into lengths as long as you want your final piece to be, then cut the lengths into slabs as thick as desired. Cut the slabs into wide strips.



Roll Cut – Cut long vegetables once on a 45-degree diagonal. Roll the vegetable 90 degrees away from you and cut again. Continue rolling vegetable and cutting until the entire vegetable is cut.

Owl Cut – Same as roll cut, but rotate the vegetable 180 degrees with each cut. So named because it produces chunks that resemble the face of an owl.



Half Moon – Cut an onion in half through the root end, remove the skin, then lay it flat side down. With your knife aligned from the root to the stem, slice into half moons, following its curve. Thin slices are 1/8 to 1/4 inch thick, thick ones about 1/2 inch.



Shred – Cut cabbage in half lengthwise, along center grain. Cut again in quarters. Remove core. Place each quarter lengthwise on cutting board and slice thinly along the grain. Slices should resemble shredded paper.



Chiffonade – Stack leaves on top of one another. Roll up like a cigar. Slice thinly crosswise.



Shave – Hold long vegetables in your hand, away from your body. Shave the vegetable by chipping away in thick or thin shavings like sharpening a pencil.

Shopping for the Best



What's in most grocery carts?

How most food is produced

- ❖ In “conventional” large-scale industrial systems that are designed to minimize production costs and food prices, and maximize shelf life
- ❖ Thousands of miles away from the stores where it is sold
- ❖ Made from plants grown with industrial fertilizers, herbicides and pesticides.
- ❖ Most prepared foods contain texture stabilizers and natural or artificial colors, flavors and preservatives

Production of animal foods

- ❖ Animals are raised indoors, or in unnatural and crowded environments, and fed things they wouldn't normally eat, like fish meal, rendered animal remains and waste
- ❖ Animals are given antibiotics to control disease caused by crowded, unsanitary conditions and unnatural diets
- ❖ Animals may be given growth-stimulating hormones
- ❖ Most fish and shellfish are produced on fish farms.

Conventional food production

- ❖ Damages the environment
- ❖ Creates antibiotic-resistant bacteria, herbicide-resistant weeds, and pesticide-resistant bugs
- ❖ Causes unnecessary animal suffering

Adapted from **Keys to Good Cooking** by Harold McGee (Penguin Press, NY, 2010)

What alternatives exist?

Organic:

- ❖ No industrial pesticides or fertilizers
- ❖ No genetically modified crops
- ❖ Few or no additives
- ❖ Minimal use of antibiotics

Sustainable: No damaging effects on the local or global environment or on wild populations.

Humane: Considers the quality of life of farm animals.

Fair: Pays farmers a good price and fair wage.

Local: Fewer resources spent on transportation. The community's dollars stay in the community.

Adapted from **Keys to Good Cooking** by Harold McGee (Penguin Press, NY, 2010)



Fresh, local, organic

Why are these concepts important when choosing food?

Fresh food

- ❖ Nutritionally superior
- ❖ Less processing
- ❖ Brighter flavors
- ❖ More visually appealing

Locally sourced

- ❖ Eating locally supports local growers
- ❖ Eating locally keeps us eating seasonally
- ❖ Shipping has harmful effects on the produce, the economy, and the environment

Organically grown

- ❖ Some nutrients are increased
- ❖ Fewer chemicals from pesticides and insecticides
- ❖ Increased biodiversity of crops (healthier crops)

Seasonality

- ❖ Choosing food that is in season gives the year rhythm and ritual.
- ❖ Eating seasonally puts your body in tune with the climate you live in
- ❖ Buying seasonal helps save transportation costs, and helps support local farmers
- ❖ Use more spices and eat more warming, slow-cooked foods during cold weather
- ❖ Use more fresh herbs and eat raw, quickly-cooked foods during warmer weather



EWG'S SHOPPER'S GUIDE TO PESTICIDES™

DIRTY DOZEN™

Buy These Organic

- WORST**
- 1 Celery
 - 2 Peaches
 - 3 Strawberries
 - 4 Apples
 - 5 Blueberries
 - 6 Nectarines
 - 7 Bell Peppers
 - 8 Spinach
 - 9 Cherries
 - 10 Kale/Collard Greens
 - 11 Potatoes
 - 12 Grapes (Imported)

CLEAN 15™

Lowest in Pesticides

- BEST**
- 1 Onions
 - 2 Avocado
 - 3 Sweet Corn
 - 4 Pineapple
 - 5 Mangos
 - 6 Sweet Peas
 - 7 Asparagus
 - 8 Kiwi
 - 9 Cabbage
 - 10 Eggplant
 - 11 Cantaloupe
 - 12 Watermelon
 - 13 Grapefruit
 - 14 Sweet Potato
 - 15 Honeydew Melon

 ENVIRONMENTAL WORKING GROUP
www.foodnews.org

Read labels

- ❖ Know what is in the food you are eating
- ❖ Don't eat ingredients that are not recognizable foods (If you can't pronounce it, look it up!)

Constructing Balanced Meals



Before nutritional guidelines

A balanced meal was influenced by:

- ❖ **Where you lived** – Food was hunted, foraged or grown nearby
- ❖ **What was available** – Grains, dried beans, root vegetables and preserved foods were the staples because they could be stored and would last a long time (until the next harvest). Seasonal variations dictated what kinds of foods would fill out the meal (fresh fruits and vegetables, and meat)
- ❖ **Wisdom** about what was healthy was passed down through family and community

Now the USDA offers guidelines

- ❖ The United States Department of Agriculture was formed in the late 1800's
- ❖ Purpose was threefold:
 - Support farmers in providing food for Americans
 - Support the emerging meat and dairy industries
 - Provide nutritional information for U.S. citizens
- ❖ Conflict of interest became apparent in the 1940's as nutritional information reflected business goals of food industries
- ❖ Many experts are happy to see the food pyramid change to the My Plate model.

Science influences guidelines

Most nutrition experts design meals scientifically by portioning out the macronutrients:

- ❖ Carbohydrates
- ❖ Protein
- ❖ Fat
- ❖ Vitamins and minerals
- ❖ Water

All of these nutrient groups should be part of every meal.

All of these provide energy and/or important nutrients.



Components of balance

Carbohydrates

- ❖ The most efficient fuel for the body, especially muscles
- ❖ Brain cells *must* have glucose (carbohydrate) for energy; the rest of the body can also use protein and fat for energy
- ❖ Carbohydrates are the only group with FIBER

Protein

- ❖ Used by the body for growth and repair
- ❖ Proteins act as hormones, enzymes and antibodies. These are important to every aspect of a healthy body, especially the immune system and cell function

Fats

- ❖ Twice as energy-dense as carbohydrates and protein
- ❖ Used to build cell walls, make hormones, absorb, transport and store fat-soluble nutrients, cushion and insulate the body, especially organs
- ❖ The brain is 60% fat, and fats help nerves conduct signals
- ❖ In cooking, fats and oils boost flavor, carry nutrients, and help us feel full and satisfied

Vitamins and minerals

- ❖ Keep our bodies working smoothly
- ❖ Are found in the greatest quantity in fruits and vegetables, but also in protein and fat-rich foods
- ❖ No need to take supplements if you eat a wide variety of foods, especially fruits, vegetables and whole grains (unless you have a diagnosed deficiency)

Balance using science and art

By blending science with intuitive menu planning, we offer two meal-planning outlines:

- ❖ Traditional healthful meal
- ❖ Healthy vegetarian meal -- A healthy vegetarian diet is based on whole grains, beans, nuts and seeds, vegetables and fruit.

Traditional healthful meal

- ❖ Fish, eggs, chicken, pork or beef
- ❖ Starchy vegetable or grain/vegetable
- ❖ Vegetable (leafy green)
- ❖ Vegetable/Fruit
- ❖ Something raw, fermented, cultured or pickled

Healthy vegetarian meal

- ❖ Whole grain
 - ❖ Legume or soy food
 - ❖ Vegetable (leafy green)
 - ❖ Vegetable/Fruit
 - ❖ Something raw, fermented, cultured or pickled
- (B12 source needed in vegan diet)



Misguided vegetarianism

- ❖ Based on white flour, sugar, cheese and other processed foods
- ❖ Very nutrient deficient

Other components of balance

- ❖ Color
- ❖ Texture
- ❖ Seasonality
- ❖ Harmonious cultural flavors
- ❖ Beauty

Balanced behavior

- ❖ Cooking and eating together
- ❖ Sitting down to eat
- ❖ Tasting and enjoying food without distractions from TV or phones

What we eat becomes us

- ❖ Our food is our most important purchase
- ❖ What we eat determines our health at the cellular level
- ❖ Our families and school children deserve the best food we can offer

Remember to express gratitude!



Yes, AND



Say Yes

... to the knowledge and skills you have learned today.

How can these skills be used in schools?

National School Lunch Program: New 2012 requirements

- ❖ Emphasis of dark green and orange vegetables
- ❖ More legumes
- ❖ More whole grains, which add vitamins, minerals and fiber; beyond bread and pasta

Yes, AND...

Children can learn to enjoy new foods.

How?

- ❖ Placement
- ❖ Communication
- ❖ Modeling





What ideas do you have?

Cook:

Build a Bowl



Build a bowl!

The bowl meal is used in many cultures because it is extremely economical. Using simple ingredients such as whole grains, beans and vegetables, and small amounts of animal protein, we can create very flavorful meals that are convenient, transportable and nutritionally sound.

The Base: Whole Grains

Traditional meals from many cultures and our own USDA Food guidelines emphasize including grains in our meals. We know that during the last century many cultures have moved from using whole grains to refined grains such as white flour, white pasta and refined rice. We also know that this shift could be responsible for many health problems. The lack of fiber and nutrients in refined grains combined with a sedentary lifestyle may result in weight problems, constipation, diabetes and other maladies. In today's world the better choice is to use whole grains. These include brown rice, polenta (corn), kasha or soba noodles (buckwheat), quinoa, millet, injera (teff), Job's tears (barley), wild rice and bulgur (wheat). Whole grains provide excellent complex carbohydrates, the preferred fuel for thinking and movement.

The Middle: Vegetables and Protein

The next component of well-balanced traditional meals is a combination of vegetables and a protein source. Vegetables provide our bodies with a wealth of vitamins and minerals needed for converting grains into useable fuel and other purposes. Dark green, leafy vegetables and orange vegetables are the most nutrient-rich.

Some form of protein is required in any well-balanced meal. The protein helps with the conversion of nutrients into muscle fuel and also provides the body with the elements needed for growth and repair. Combining legumes, soyfoods or nuts with whole grains provides complete protein with all the essential amino acids. Fish, eggs, chicken or beef from healthfully raised animals are also good sources. Traditionally, animal products were used in smaller proportion to the rest of the meal for economic reasons. For some people, this may be a more healthful choice.

The Top: Sauces, Salsas and Garnishes

Though largely absent from this culture, most ethnic cuisines include something raw, fermented, pickled or cultured as part of every meal. Enzymes are enhanced in raw, fermented, pickled or cultured foods, and including these foods will aid in digesting the meal. Salsas, yogurt toppings, pickled ginger, chutneys, miso or tamari, fresh herbs, sauerkraut, sour cream and freshly chopped herbs are all examples of toppings or side dishes that enhance digestion. Sauces and garnishes can have an important nutritional function if chosen and prepared in the right way!

The Base: Whole Grains

- ❖ Brown Rice
- ❖ Golden Spice Rice
- ❖ Mexican Brown Rice
- ❖ Soba Noodles
- ❖ Polenta
- ❖ Quinoa
- ❖ Moroccan Quinoa
- ❖ Coconut Quinoa
- ❖ Wild Rice
- ❖ Tabouleh Salad



Brown Rice

Rice is the principal food for half the world's population. White rice is rice that has had the hull, bran and germ removed. Brown rice has just had the hull removed. Brown rice comes in a variety of types. Short grain, long grain, and basmati are three types. All of these varieties can be prepared according to the directions below.

Simmered Brown Rice

1 cup brown rice

Pinch of sea salt

1 $\frac{3}{4}$ to 2 cups water

Rinse and drain rice. Place rice in a pot with salt and water. Bring to a boil. Turn heat to low. If you have a gas stove, a "flame-tamer" or "heat diffuser" is handy for keeping a low, even heat. Cover the pan and let the rice simmer for 45-50 minutes or until all the water is absorbed. Don't stir the rice while it is cooking.

Preparation time: 55 minutes

Makes 2 $\frac{1}{2}$ to 3 cups

For $\frac{1}{2}$ cup serving: 114 calories, 1g fat, 0g saturated fat, 0g cholesterol, 24g carbohydrate, 1g fiber, 0g sugar, 2g protein, 20mg sodium

Retail cost per serving (organic ingredients used when available): \$0.12



Pressure Cooked Brown Rice

1 cup brown rice

Pinch of sea salt

1 ½ cups water

Pressure cooking results in a chewier rice which many people find satisfying. Rinse and drain rice. Place rice, salt and water in the pressure cooker. Close cooker. Place on medium heat and bring up to pressure. When pot is up to pressure, you will hear a gentle, steady hissing sound. Lower heat and cook for 35-40 minutes. Remove from heat and allow pressure to come down naturally or by running cold water over the top.

Preparation time: 45 minutes

Makes 2 ½ to 3 cups

For ½ cup serving: 114 calories, 1g fat, 0g saturated fat, 0g cholesterol, 24g carbohydrate, 1g fiber, 0g sugar, 2g protein, 19mg sodium

Retail cost per serving (organic ingredients used when available): \$0.12



Brown Rice in a Rice Cooker

2 cups brown rice
Pinch of sea salt
3 cups water

Place all ingredients in rice cooker and cook according to equipment directions.

Preparation time: 45 minutes

Makes 2 ½ to 3 cups

For ½ cup serving: 228 calories, 2g fat, 0g saturated fat, 0g cholesterol, 48g carbohydrate, 2g fiber, 1g sugar, 5g protein, 23mg sodium

Retail cost per serving (organic ingredients used when available): \$0.24



Baked Brown Rice

1 ½ cups brown rice, medium or short grain
2 ½ cups water
1 tablespoon unsalted butter
1 teaspoon salt

Preheat the oven to 375 degrees F. Place the rice in an 8-inch square glass baking dish. Bring the water, butter, and salt just to a boil in a kettle or covered saucepan. Once the water boils, pour it over the rice, stir to combine, and cover the dish tightly with heavy-duty aluminum foil. Bake on the middle rack of the oven for 1 hour. After 1 hour, remove cover and fluff the rice with a fork. Serve immediately.

Preparation time: 1 hour 10 minutes

Makes 3 ½ to 4 cups

For ½ cup serving: 141 calories, 2g fat, 1g saturated fat, 4g cholesterol, 27g carbohydrate, 1g fiber, 0g sugar, 3g protein, 295mg sodium

Retail cost per serving (organic ingredients used when available): \$0.16

Recipe courtesy Alton Brown, 2005



Golden Spice Rice

2 teaspoons butter, ghee or olive oil

1 cup basmati brown rice

¼ teaspoon turmeric

1 ¾ - 2 cups water

2 green cardamom pods

½ teaspoon sea salt

Heat butter in a 2-quart pan over low to medium heat. Rinse and drain rice well. Place rice in a pot and sauté until well coated. Add turmeric and stir again. Add water, cardamom and salt. Bring to a boil. Turn heat to low, keeping a light simmer. Cover the pan and let the rice simmer for 45-50 minutes or until all the water is absorbed. Don't stir the rice while it is cooking. Check rice for doneness by tipping the pan -- if any water remains, continue cooking until all water is absorbed.

Preparation time: 55 minutes

Makes 2 ½ to 3 cups

For ½ cup serving: 118 calories, 2g fat, 1g saturated fat, 3g cholesterol, 23g carbohydrate, 2g fiber, 0g sugar, 3g protein, 131mg sodium

Retail cost per serving (organic ingredients used when available): \$0.13

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Quinoa (keen-wah)

This grain comes from the Andes Mountains in South America where it was once a staple food for the Incas. It has a delicious, light and nutty flavor. When it cooks the grain opens up to make tiny spirals. Quinoa contains all 8 essential amino acids and therefore has better protein value than most grains.

Simmered Quinoa

1 cup quinoa
Pinch of sea salt
1 3/4 cups water

Rinse quinoa well with warm water and drain. Quinoa has a natural coating called saponin that repels insects and birds. Rinsing with warm water removes saponin which can create a bitter taste. Place rinsed quinoa, salt, and water in a pot. Bring to a boil; reduce heat to low, cover, and let simmer 15-20 minutes, until all the water is absorbed. Fluff with a fork before serving.

Preparation time: 20-25 minutes

Makes 2 ½ to 3 cups

For ½ cup serving: 104 calories, 2g fat, 0g saturated fat, 0g cholesterol, 18g carbohydrate, 2g fiber, 1g sugar, 4g protein, 18mg sodium

Retail cost per serving (organic ingredients used when available): \$0.40

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Moroccan Quinoa

1 cup quinoa
1 tablespoon butter
1 tablespoon olive oil
1/2 cup finely chopped green onion
2 garlic cloves, minced
1 teaspoon salt
1/2 teaspoon turmeric
2 cups stock

Melt butter with oil in large saucepan over medium heat. Add onion. Cover; cook until vegetables begin to brown, stirring often, about 10 minutes. Add garlic, salt, and turmeric; sauté 1 minute. Add quinoa; stir 1 minute. Add 2 cups stock. Bring to boil; reduce heat to medium-low. Cover; simmer until liquid is absorbed and quinoa is tender, about 15 minutes.

Preparation time: 20-25 minutes

Makes 2 ½ to 3 cups

For ½ cup serving: 173 calories, 7g fat, 2g saturated fat, 7g cholesterol, 22g carbohydrate, 2g fiber, 3g sugar, 6g protein, 504mg sodium

Retail cost per serving (organic ingredients used when available): \$1.06

Copyright 2010, J. Adler, Original recipe.



Coconut Quinoa

1 cup vegetable or chicken stock
1 cup coconut milk
1 teaspoon sea salt
1 1/3 cups quinoa

Combine the stock, coconut milk and salt in a 1-quart saucepan over high heat and bring to a rapid boil. Add the quinoa, cover and lower the heat to a simmer. Cook for 12 minutes, or until the water has been absorbed. The grain should be translucent and its thin germ curlicue should be white. Remove from the heat and let rest, covered for 5 minutes. Fluff with a fork.

Preparation time: 20-25 minutes

Makes 3 ½ to 4 cups

For ½ cup serving: 183 calories, 8g fat, 6g saturated fat, .90g cholesterol, 22g carbohydrate, 3g fiber, 2g sugar, 6g protein, 230mg sodium

Retail cost per serving (organic ingredients used when available): \$0.63

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Other Grains

People often think only of wheat and rice when they think of grains. Since variety is the one of the keys to a healthy diet (each food has a unique combination of vitamins, minerals and phytonutrients) selecting other whole grains for meals is a wise choice for you and your family.

Soba Noodles

Soba noodles are made from a combination of wheat and buckwheat flour. You can also purchase 100% buckwheat soba noodles which are fine for gluten-intolerant folks since buckwheat is not a relative of wheat and contains no gluten.

There are many good brands of soba noodles. Eden Foods is one of my favorites. They make several varieties of soba. Wild yam soba has (duh) wild yam added, which is an herb thought to promote longevity. It adds a light tender quality to the noodle. Mugwort soba is sort of an olive-green color and has mugwort added, which is an herb thought to support the female reproductive system.

Follow package instructions to cook soba noodles. They usually only take about 7-9 minutes of dancing in boiling water. After straining and rinsing briefly, toss with a few drops of oil to prevent sticking.

For 2-ounce serving: 200 calories, 1g fat, 0 g saturated fat, 0g cholesterol, 43g carbohydrate, 3g fiber, 2g sugar, 6g protein, 5mg sodium

Retail cost per serving (organic ingredients used when available): \$1.75



Polenta with Asiago

Corn was used as a dietary staple for tribes in North and South America. Today in the United States, 75% of the corn we produce is used for feeding livestock. Polenta is coarsely ground corn meal that is cooked and served as a kind of mush, or cooked, allowed to set and then sliced.

2 cups chicken or vegetable stock
3 cups water
½ teaspoon salt
1 tablespoon extra-virgin olive oil or butter
1 cup polenta or corn grits
4-6 tablespoons Asiago or Parmesan cheese (optional)
Olive oil

Bring stock and water to boil. Add salt and oil or butter. Slowly add polenta, stirring continuously with a whisk. Lower heat and continue stirring in a clockwise motion with a wooden spoon for 30 - 40 minutes until smooth and thick (you shouldn't be able to see individual grains). It does take a full 30 minutes. Keep the temperature such that the mixture is just puckering but not so high that it is spitting. You may need to add a little more water at times if the heat has been kept to high.

When polenta is done cooking, stir in 4 tablespoons of the cheese. At this point you can decide if you want to serve your polenta soft or set. If soft, put helpings into bowls and serve immediately. The polenta will not hold well if allowed to cool. To set, pour polenta into a lightly oiled pie plate. Pour polenta into pan and smooth the top. Let cool completely. To reheat, preheat broiler. Brush top of polenta with olive oil and broil 3 minutes. Remove, slice and serve.

Preparation time: 50 minutes plus cooling time

Makes 2-3 cups soft polenta or 8 slices firm polenta

For ½ cup serving: 127 calories, 5g fat, 2g saturated fat, 8g cholesterol, 16g carbohydrate, 1g fiber, 1g sugar, 4g protein, 282mg sodium

Retail cost per serving (organic ingredients used when available): \$0.53

Recipe reprinted with permission from Feeding the Young Athlete by Cynthia Lair with Scott Murdoch, Ph D, RD (Moon Smile Press, 2002) www.feedingfamily.com.



Wild Rice

There are only two grains native to the Americas – corn and wild rice. Wild rice is grown in the Great Lakes region and has a unique flavor. Wild rice makes a lovely base with a middle layer of poached salmon and vegetables and topped with sour cream or a roasted red pepper sauce.

2 ½ cups water or stock
1 tablespoon butter
½ teaspoon salt
1 cup wild rice (black; ½" long)

Bring water or stock to a boil. Add butter, salt and rice. Bring to boil again, lower heat and simmer 45-55 minutes until all water is absorbed.

Preparation time: 1 hour

Makes 6-8 servings

For ½ cup serving: 84 calories, 2g fat, 1g saturated fat, 4g cholesterol, 15g carbohydrate, 1g fiber, 1g sugar, 3g protein, 149mg sodium

Retail cost per serving (organic ingredients used when available): \$0.89

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Tabouleh Salad

½ cup dry bulgur wheat
½ teaspoon salt
¾ cup boiling water
3 tablespoons fresh lemon juice
½ teaspoon minced garlic
2 tablespoons olive oil
2 scallions (green and white parts), sliced or chopped
2 tablespoons chopped fresh mint
¼ cup finely chopped parsley
1 medium tomato, diced
½ English cucumber, diced
¼ cup grated carrot
½ red pepper, diced

In a medium bowl, combine the bulgur, salt and boiling water. Cover and set aside for 15 to 20 minutes or until the bulgur is nice and chewy.

Drain and squeeze out any excess water. Transfer the bulgur to a clean bowl and add lemon juice, garlic, and olive oil and set aside to marinate for 20 to 30 minutes. Add the scallions, mint, parsley, tomato, cucumber, carrot and red pepper to the marinated bulgur and toss gently until well combined. Adjust seasonings and serve.

Preparation time: 1 hour

Makes 4 servings

For ½ cup serving: 153 calories, 7g fat, 1g saturated fat, 0g cholesterol, 21g carbohydrate, 5g fiber, 4g sugar, 4g protein, 308mg sodium

Retail cost per serving (organic ingredients used when available): \$1.92

Adapted from the Moosewood Cookbook by Mollie Katzen



The Middle: Vegetables and Protein

- ❖ Man to Man Black Bean Stew*
- ❖ Vegetable Chickpea Indian Curry*
- ❖ Coconut Chicken Soup
- ❖ Hoppin' John*
- ❖ Teriyaki Chicken and Vegetables
- ❖ Edamame Beef Salad
- ❖ Chinese Cabbage and Chicken
- ❖ Winter Moroccan White Bean Stew*
- ❖ Coriander Garlic Beef & Sweet Potato Stew
- ❖ Carne Asada Tacos with Kale and Onions
- ❖ Yogurt Marinated Chicken Kebabs
- ❖ Pan Fried Tofu and Greens*
- ❖ Be Bop Bowl*

*vegetarian dishes



Man-to-Man Black Bean Stew

Serve this yummy stew over polenta or brown rice. Mexican seasoning blends come in bulk or spice bottles at the grocery store. They are usually a combination of cumin, oregano, peppers and other spices that offer a Southwestern flavor to dishes. Top with fresh avocado and salsa.

1 teaspoon extra-virgin olive oil
1 onion, chopped
2 cloves garlic, minced
1 teaspoon ground cumin
2 teaspoons Mexican seasoning
1 cup dried black beans, soaked
1 dried chipotle chili
2 cups chicken or vegetable stock
1 - 2 teaspoons sea salt
½ cup frozen corn kernels
½ cup chopped tomatoes (Muir Glen fire roasted)
1/3 cup chopped cilantro
Lime
Sour cream

Heat oil in pressure cooker. Add onion, garlic, cumin, and Mexican seasoning and sauté until onions are soft. Drain soaking water off beans. Add soaked beans, chipotle chili and stock or water to onions and spices. Raise the heat and bring up to pressure. Lower heat, and pressure-cook 30-40 minutes until beans are tender. Allow pressure to come down, open pot and salt beans to taste. Stir in corn, tomatoes, and cilantro. Serve garnished with a squeeze of lime and a dollop of sour cream.

Preparation time: 1 ½ to 2 hours

Makes about 4 cups

For 1 cup serving: 285 calories, 6g fat, 3 saturated fat, 14g cholesterol, 43g carbohydrate, 11g fiber, 7g sugar, 15g protein, 800mg sodium

Retail cost per serving (organic ingredients used when available): \$1.65

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Chickpea Vegetable Curry

Serve this super-nutritious, super-tasty curry dish over rice with a green salad on the side and raita (yogurt topping) and you have a meal fit for a king.

2 teaspoons ghee or extra-virgin olive oil

1 onion, chopped

1 clove garlic, minced

½ teaspoon sea salt

1-2 teaspoons whole coriander

1-2 teaspoons whole cumin

1 teaspoon turmeric

½ teaspoon cinnamon

Pinch of cayenne

1 small potato, diced

1 carrot, sliced in rounds

1 cup tomato sauce

½ cup water

1 cup broccoli florets

1 cup cooked chickpeas

Garnish:

Classic Raita

Heat ghee in a large pot. Add onion, garlic, and salt; sauté until onion is soft. Grind cumin and coriander in small electric grinder. Add coriander, cumin, turmeric, cinnamon and cayenne to onion. Add potatoes, carrots, tomato sauce, and water; stir well. Bring to boil, lower heat and simmer, covered, until potatoes and carrots are tender, about 20 minutes. Add broccoli and cooked chickpeas and stir in gently. Cover and simmer until broccoli is bright green and tender (a few minutes). Serve over rice or quinoa and garnish with raita.

Preparation time: 30-35 minutes

Makes 4 servings

For 1 cup serving: 158 calories, 4g fat, 0g saturated fat, 0g cholesterol, 28g carbohydrate, 6g fiber, 6g sugar, 6g protein, 647mg sodium

Retail cost per serving (organic ingredients used when available): \$1.31

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Coconut Chicken Soup

This warming soup influenced by Asian and Thai flavors is nutritionally balanced when served over basmati brown rice.

1 quart chicken stock
12 ounces of cooked chicken, cut into bite-size pieces
1 ½ cups whole coconut milk
4 cups baby spinach
¼ teaspoon dried chili flakes
1 teaspoon freshly grated ginger
Juice of 1 lemon
Sea salt, umami plum vinegar or fish sauce to taste
Several green onions, very finely chopped
1 tablespoon finely chopped cilantro

Bring the stock to a boil. Add chicken, coconut milk, spinach, lemon juice, chili flakes and ginger. Simmer for about 10 minutes. Season to taste with sea salt or fish sauce. Ladle into soup bowls or mugs over brown rice and garnish with onions & cilantro.

Preparation time: 20 minutes

Serves 6

For 1 cup serving: 271 calories, 15.8g fat, 11.8g saturated fat, 52g cholesterol, 9.9g carbohydrate, 1.3g fiber, 2.6g sugar, 23g protein, 398mg sodium

Retail cost per serving (organic ingredients used when available): \$1.99

Original recipe, J. Adler, copyright 2010



Hoppin' John

This dish is great served over polenta with sautéed greens. This dish also works nicely over rice. I like to serve it with a cole slaw or sour cream as a digestive.

1 tablespoon olive oil or butter
1 onion, chopped
5-6 cloves of garlic, minced
½ red bell pepper, diced
1 carrot, sliced in rounds
½ cup corn kernels
½ cup chopped tomatoes
1 tablespoon fresh thyme
½ teaspoon salt
1/8 teaspoon black pepper
¼ to ½ teaspoon red pepper flakes
2 - 3 cups cooked black-eyed peas
2 scallions, chopped

Heat oil or butter in skillet. Add onion and garlic and sauté until onion is soft and translucent. Add red pepper and carrot and sauté a few minutes more. Add corn, chopped tomatoes, thyme, salt, pepper and red pepper flakes. Stir gently until heated through. Stir in cooked peas. Taste and adjust seasonings. Add scallions just prior to serving.

Preparation time: 30 minutes

Makes 4-6 servings

For 1 ½ cup serving: 160 calories, 4g fat, 0g saturated fat, 0mg cholesterol, 26g carbohydrate, 9g fiber, 5 g sugar, 7g protein, 630mg sodium

Retail cost per serving (organic ingredients used when available): \$1.08

Note: *Nutrition and cost information calculated using olive oil*

Recipe reprinted with permission from Feeding the Young Athlete by Cynthia Lair with Scott Murdoch, Ph D, RD (Moon Smile Press, 2002). Video featured on www.cookusinterruptus.com.



Basic Black-Eyed Peas

1 cup black-eyed peas, soaked

1 sprig fresh thyme

1 bay leaf

Juice of one orange plus water to make 1 ½ cups liquid

½ teaspoon sea salt

Drain peas and place in pressure cooker with herbs and liquid. Do not add salt!

Turn heat to high and bring up to pressure. Lower heat but maintain pressure and cook peas for 15 minutes, 5-10 minutes if peas have been soaked. Remove from heat; let pressure come down.

To simmer peas, place peas in pan with herbs and liquid. Bring to a boil. Lower heat to a simmer and cook until peas are tender and all liquid is absorbed – about 30 minutes. Discard herbs, add salt to peas and mix gently.

Preparation time: 25 minutes

Makes 2 ½ to 3 cups

Per 1 cup cooked peas: 146 calories, 1g fat, 0g saturated fat, 0mg cholesterol, 25g carbohydrate, 12g fiber, 3g sugar, 8g protein, 400mg sodium

Retail cost per serving (organic ingredients used when available): \$.46



Teriyaki Chicken and Vegetables

Serve this easy to make, kid-pleasing dish heaped on top of a mound of brown rice. This dish is the perfect blend of carbohydrates, vitamin-rich vegetables and protein to fuel the body. Use any combination of vegetables.

Teriyaki Sauce:

1/3 cup tamari soy sauce
1 teaspoon grated ginger root
2 - 3 tablespoons honey
1 tablespoon brown sugar
1 small clove garlic, minced
½ cup water

1 pound chicken breasts, boneless, skinless
½ head green cabbage, shredded
1 carrot, cut at a diagonal in slices
½ medium onion, cut in chunks
2-3 tablespoons high-oleic safflower or peanut oil
2 teaspoons arrowroot

Blend all ingredients for teriyaki sauce together in a saucepan and warm on low until sugar dissolves. Remove from heat.

Prepare chicken breasts by pounding out to an even thickness and cutting into small strips. Put in a bowl or dish and cover with 1/4 - 1/3 cup of the teriyaki sauce. (The chicken can marinate refrigerated for up to 8 hours. The longer it marinates, the deeper the flavors.)

Cut all vegetables. Heat half of the oil in a wok or skillet. Stir fry vegetables until bright and crisp. Remove vegetables and set aside. Heat remaining oil in wok. Add chicken and stir fry until cooked through but tender. Add arrowroot to sauce and stir it well, then pour remainder of sauce over chicken. Add cooked vegetables and toss. Turn heat off, serve immediately over rice.

Preparation time: 30 minutes

Makes 6 servings

Per 1 cup serving: 231calories, 8g fat, .9g saturated fat, 56mg cholesterol, 17g carbohydrate, 2.4g fiber, 12.5g sugar, 21.7g protein, 1,003mg sodium

Retail cost per serving (organic ingredients used when available): \$2.05

Recipe reprinted with permission from Feeding the Young Athlete by Cynthia Lair with Scott Murdoch, Ph D, RD (Moon Smile Press, 2002). Video featured on www.cookusinterruptus.com

Edamame Beef Salad with Sesame Chile Dressing

Refreshing, colorful, satisfying.

4 ounces soba noodles, cooked according to package

Thai Marinated Beef Strips (see separate recipe)

1 cup shelled edamame

1 cup shredded Napa cabbage

1 carrot, grated

Quick-boiled collard greens

½ cup *Sesame Chile Dressing* (recipe included)

Garnish: ¼ cup toasted sesame seeds

Prepare salad ingredients. Cook soba noodles in boiling water 7-8 minutes. Dress cooked soba noodles with 2 tablespoons of the dressing while still warm. Sear and cook steak. Blanch edamame in boiling water for 3 minutes, then salt. Cut carrot and cabbage per directions.

Arrange noodles, tofu or beef, edamame, carrots, cabbage and greens in separate piles on a large serving platter. Garnish noodles with the sesame seeds. Put dressing in a small pitcher. Let diners arrange foods on their plates to their preference and dress individually.

Preparation time: 20 minutes

Serves 4

For 1 cup serving: 315 calories, 18g fat, 3g saturated fat, 20mg cholesterol, 24g carbohydrate, 4g fiber, 6g sugar, 14g protein, 1115g sodium

Retail cost per serving (organic ingredients used when available): \$2.70

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Thai Marinated Beef Strips

Choosing beef from healthfully raised cows is important nutritionally, ecologically and politically. One excellent brand of beef is Country Natural Beef which is a cooperative of ranches run by Doc and Connie Hatfield (www.oregoncountrybeef.com). If you can't find grass-fed or humanely-raised beef from a local farmer, ask questions at your food coop or grocery store to find a source of beef from cows that were not given antibiotics or hormones.

2 tablespoons lime juice
2 tablespoons olive oil
2 tablespoons fresh cilantro, chopped
1-2 cloves garlic, minced
¼ teaspoon hot pepper oil or hot pepper sauce
1 teaspoon honey or sugar
½ teaspoon sea salt
Freshly ground pepper
½ pound sirloin or flank steak, 1-inch thick

To make marinade, combine lime juice, oil, cilantro, garlic, hot pepper oil, honey, salt and pepper in a small bowl. Whisk together and set aside.

Place meat between 2 sheets of plastic wrap and pound on both sides to tenderize. Remove wrap and place meat in a shallow pan. Pour the dressing over the meat. Cover and marinate in the refrigerator for at least 1 hour or up to 12 hours.

Preheat oven to 400 degrees F. Heat a cast iron or oven-safe skillet with a teaspoon or so of oil. Place marinated steak in skillet and brown for a few minutes on each side. This is a good time to salt and pepper the meat. Transfer steak to the oven for 5-8 minutes. Check center for doneness (red for medium rare, pink for medium), but remove from oven when it is slightly redder than the color you desire (the meat will continue to cook from residual heat). Transfer meat to a carving board and let rest 10 minutes before slicing into thin slices on a diagonal against the grain of the meat.

Preparation: 1-12 hours for marinade, then 20 minutes

Makes 4 servings

For ½ cup serving: 180 calories, 11g fat, 3g saturated fat, 40mg cholesterol, 3g carbohydrate, 0g fiber, 2g sugar, 16g protein, 560mg sodium

Retail cost per serving (organic ingredients used when available): \$1.22

Original recipe for Bastyr University, Whole Foods Production by Cynthia Lair 2005.

Chinese Cabbage and Chicken with Amazing Almond Sauce

If your family likes Asian cuisine, this is likely to be a crowd pleaser. If you don't have any almond butter on hand, you can substitute peanut butter.

1 ½ pounds chicken breast
3 tablespoons toasted sesame oil
1 medium onion, chopped
4 cups chopped red cabbage
6 cups chopped Chinese cabbage
1 cup toasted, chopped almonds
3 tablespoons lime juice
1 ½ cups *Amazing Almond Sauce* (recipe included)
1 cup chopped cilantro for garnish

Place the chicken breasts in a large stock pot and cover with water. Boil until chicken is cooked through (internal temperature of 165 degrees F). Remove chicken from water. Set aside to cool. Once it has cooled, shred chicken with a fork.

Heat a large skillet or wok over medium-high and add sesame oil and onions. Sauté until the onions are translucent. Add cabbage and sauté until the cabbage has softened but still crunchy, about 5 minutes. Stir in chicken and sauté for 3 more minutes. Take off heat. Stir in almonds and lime juice.

Serve cabbage and chicken over whole grain. Drizzle with Amazing Almond Sauce and garnish with cilantro.

Preparation time: 40 minutes

Makes 8-10 servings

For 1 cup serving: 290 calories, 18g fat, 2.2g saturated fat, 40mg cholesterol, 13g carbohydrate, 3g fiber, 5g sugar, 21g protein, 1,285mg sodium

Retail cost per serving (organic ingredients used when available): \$2.87

Copyright 2010, J. Adler, Original recipe.



Winter Moroccan White Bean Stew

A flavorful vegetarian entrée that uses winter vegetables, white beans, strong spices and fresh herbs to create a warming stew.

2 tablespoons butter
1 cup chopped onion
3 garlic cloves, minced
2 teaspoons sweet paprika
2 teaspoons salt
½ teaspoon ground black pepper
½ teaspoon ground coriander
½ teaspoon ground cumin
½ teaspoon turmeric
½ teaspoon ground ginger
½ teaspoon cayenne pepper
1 cup stock
1 14 ½ -ounce can diced tomatoes, drained
2 tablespoons fresh lemon juice
3 cups 1-inch cubes peeled butternut squash (from 1 ½ pound squash)
2 cups carrots, cubed
4 cups cooked white beans

Garnish:

½ cup chopped fresh cilantro, divided
2 teaspoons chopped fresh mint, divided

Heat butter in large saucepan over medium heat. Add onion; sauté until soft, stirring often, about 5 minutes. Add garlic; stir 1 minute. Mix in paprika and next 8 ingredients. Add 1 cup stock, tomatoes, and lemon juice. Bring to boil. Add squash, carrots and beans. Cover and simmer over medium-low heat until vegetables are tender, stirring occasionally, about 20 minutes. Season with salt and pepper. Stir in half of cilantro and half of mint. Spoon your choice of grain onto a platter, forming well in center. Spoon stew into well. Sprinkle remaining herbs over.

Preparation time: 45 minutes

Makes 8 servings.

For 1 ½ cup serving: 180 calories, 3g fat, 1.5g saturated fat, 5mg cholesterol, 32g carbohydrate, 8g fiber, 5g sugar, 9g protein, 900mg sodium

Retail cost per serving (organic ingredients used when available): **\$1.13**

Recipe adapted by Jennifer Adler from Bon Appétit January 2006

Coriander Garlic Beef & Sweet Potato Stew

This warming stew is most satisfying on a fall or winter day when you want a substantial meal. Coriander is the predominant spice in this dish so if you have whole coriander seeds on hand, then be sure to use fresh ground coriander for an irresistible burst of flavor. This stew can be served over quinoa.

3 tablespoons extra virgin olive oil, divided
8 cloves garlic, minced (about 3 tablespoons), divided
 $\frac{3}{4}$ - 1 pound beef chuck or round, trimmed and cut into 1" cubes
 $\frac{1}{2}$ cup red wine
 $\frac{1}{2}$ yellow onion, sliced into half moons
1 large sweet potato or garnet yam, peeled and cut into $\frac{1}{2}$ " cubes
1 $\frac{1}{2}$ teaspoons sea salt
 $\frac{1}{2}$ teaspoon white pepper
3 tablespoons ground coriander
1 cup vegetable or beef stock
1-14 ounce can fire roasted diced tomatoes
2 tablespoons fresh lemon juice

Heat a large pot over medium-high heat. Add 1 tablespoon oil, half of garlic and all of the meat. Sear the meat on all sides, for about 5 minutes. Remove the meat and garlic and set aside in a covered dish. Add the sherry wine to the pot and deglaze using a wooden spoon. Pour the sherry wine glaze over the meat.

Add remaining 2 tablespoons of oil and the onions to the pot. Sauté the onions for about 5 minutes, then add the sweet potatoes, salt, pepper, coriander and remaining garlic; toss to coat and cook for about 1 minute.

Add stock, tomatoes and beef. Stir to combine all ingredients. Bring to a boil. Reduce heat to low, cover and simmer stew for 45 minutes or until beef is tender. Add lemon juice just before serving.

Preparation time: 60 minutes

Makes 8 servings

For 1 cup serving: 125 calories, 4.5g fat, 1.5g saturated fat, 27mg cholesterol, 7g carbohydrate, 1g fiber, 2g sugar, 13g protein, 1,105mg sodium

Retail cost per serving (organic ingredients used when available): \$1.15

Copyright 2010, S. Nester, Original Recipe

Carne Asada Tacos with Kale and Onions

Sounds a little loco but trust us, these tacos are muy delicioso. Tuscan kale can be found in gourmet grocery stores and is also called Lacinato kale, dinosaur kale, or cavolo nero.

1 pound top sirloin steak
½ cup *Lime Chili Marinade* (see recipe)
1 ½ tablespoons olive oil, divided
1 bunch Tuscan kale (tough stems removed), cut into strips
1 red onion, thinly sliced
3 finely chopped garlic cloves
Pinch red pepper flakes
2 tablespoons water
8 corn tortillas
4 ounces Cotija cheese, crumbled

Place steak in a shallow pan and cover with Lime Chili Marinade. Massage marinade into steak for a minute or two, softening muscle fibers on both sides. Cover and refrigerate for at least an hour or up to 12 hours.

Preheat oven to 400 degrees F. Heat a cast iron or oven safe skillet with a teaspoon of oil. Sear steak on both sides. Salt and pepper the meat and transfer skillet to oven for 5-8 minutes. Meanwhile heat a wide pan or large skillet over medium high heat. Add the onion and cook until browned and soft, about 10 minutes. Add the garlic and red pepper flakes and stir a few times, then add the kale. Stir well so that kale is glossy then add water. Cover and cook until the kale is soft (about 5-7 minutes). Add salt to taste, then remove from heat. When meat is done, transfer to a carving board and let rest 10 minutes before slicing thin on a diagonal, against the grain of the meat.

Heat the tortillas in a warm oven, or directly over the flame of a gas range for a few seconds on each side. Put a steak and kale mix filling in each tortilla, top with crumbled cheese and *Avocado Corn Salsa* or *Pico de Gallo*.

Preparation time: 1-12 hours for marinating; then 20 minutes

Makes 8 tacos

For 1 taco: 310 calories, 19g fat, 5g saturated fat, 35mg cholesterol, 18g carbohydrate, 2g fiber, 1g sugar, 16g protein, and 300mg sodium

Retail cost per serving (organic ingredients used when available): \$1.53

Adapted from Cate's World Kitchen blog, www.catesworldkitchen.com, with influence from Brooke Erickson, Robyn Kiener, Samantha Waldron and Michele English, 2010 by C. Lair

Lime Chili Marinade

4-6 tablespoons extra-virgin olive oil
½ teaspoon sea salt
4-6 tablespoons lime juice
1 tablespoon chili powder or Mexican seasoning
1 teaspoon cumin
¼ cup chopped cilantro

Combine all ingredients in a small bowl or jar. Blend well with a spoon or shake to emulsify.

Preparation time: 5 minutes

Makes ½ cup

For 2 tablespoons: 165 calories, 17g fat, 2.5g saturated fat, 0mg cholesterol, 1.75g carbohydrate, .25g fiber, .25g sugar, .25g protein, and 177 mg sodium

Retail cost per recipe (organic ingredients used when available): \$.93



Pan-Fried Tofu and Greens (Bathing Rama)

Bathing Rama is usually served on a bed of cooked spinach. For a new twist on this classic, I have used collards instead of spinach. Serve with Coconut Peanut Sauce or Amazing Almond Sauce over quinoa, brown rice or soba noodles.

Marinade:

3 cloves garlic, sliced
4-5 slices (1/8-inch thick) of fresh gingerroot
1 cup water
1 tablespoon brown rice vinegar
1 tablespoon toasted sesame oil
1/3 cup tamari or shoyu

1 pound firm tofu
2 tablespoons unrefined coconut oil
1 large bunch collard greens

In the morning, combine all ingredients for marinade. Cut tofu into ½-inch slabs, and then cut slabs into triangles. Put marinade and tofu in a glass storage container with a tight-fitting lid for 30 minutes to 8 hours. The longer it sits, the stronger the flavor in the tofu.

Heat half of the coconut oil in a skillet over medium high heat. Remove tofu from marinade and pat dry with a paper towel. This will protect you from sputtering oil. Place half of the tofu pieces in skillet and brown on both sides. Repeat with remaining oil and tofu. Set aside and prepare greens.

Pull the leaves away from the stem before washing. Wash greens carefully. An easy way is to fill your sink with cold water and submerge the greens. Bring 2 quarts of water and ½ teaspoon of sea salt to boil. Submerge greens in boiling water and boil for 5-8 minutes. Drain cooked greens in a colander in the sink. Allow to cool. Squeeze out excess water with your hands. Chop into bite-sized pieces. Set aside.

Serve tofu and greens over grain with Coconut Peanut Sauce drizzled over the top.

*Preparation time: Overnight for marinade; 30 minutes to make dish
Makes 4 servings*

*For 1 cup serving: 192 calories, 14g fat, 6g saturated fat, 0mg cholesterol, 9g carbohydrate, 3g fiber, 1g sugar, 12g protein, and 336mg sodium
Retail cost per serving (organic ingredients used when available): \$1.51*

Recipe reprinted with permission from Feeding the Whole Family (third edition) by Cynthia Lair (Sasquatch Books, 2008).

Yogurt Marinated Chicken Kebabs

5 cloves garlic, smashed and chopped
3 tablespoons lemon juice
Grated zest of half a lemon
2 tablespoons plus 2 teaspoons olive oil
3 tablespoons plain yogurt
¼ teaspoon cardamom
¼ teaspoon cumin
½ teaspoon salt
½ teaspoon freshly ground black pepper
1 pound boneless, skinless chicken breast, cut into 1-inch pieces
1 red pepper, stem trimmed, seeds removed, cut into 1 ½ -inch pieces
½ onion, cut into wedges

In a medium bowl, combine the garlic, lemon juice, lemon zest, 2 tablespoons olive oil, yogurt, cardamom, cumin, salt, and pepper. Add the chicken and toss in the mixture to fully coat. Cover with plastic wrap and marinate in the refrigerator for at least 2 hours or overnight.

Soak 16 (9-inch) wooden skewers in water for at least 30 minutes prior to cooking.

Preheat oven to 400 degrees F.

In a small bowl toss the red pepper and onion in the remaining olive oil and season with salt and pepper. Thread the vegetables and chicken (pepper, chicken, onion, chicken, pepper, chicken, onion) onto the skewers and place the skewers onto an aluminum-foil lined baking sheet. Roast in the preheated oven, turning the skewers at least once, for 10-12 minutes or until the chicken is cooked through.

Preparation time: 2 ½ to 3 hours (includes 2 hours for marinating meat)

Makes approximately 16 skewers (4-6 servings of 2-3 skewers)

For one skewer: (60 calories, 3g fat, 0.5g saturated fat, 15mg cholesterol, 2g carbohydrate, 0g fiber, 1g sugar, 6g protein, and 90mg sodium)

Retail cost per serving (organic ingredients used when available): \$0.67

Adapted from the cookbook The Arab Table by May Bsisu



Be Bop Bowl

We are such nutrition nerds at Bastyr University that the students wear "I Love Kale" t-shirts. I combined this super vegetable with brown rice, egg and condiments to make this take-off on the traditional Korean Bi Bimbap.

2-3 tablespoons butter, divided
2-3 scallions, chopped
2 cups cooked brown rice
4-5 large kale leaves, cut into ribbons
2 eggs

Condiments:

Tamari
Apple cider vinegar
Kim chee or sauerkraut
Thai chili sauce

Heat a large skillet (cast iron is perfect) over medium heat. Melt about 2 teaspoons of butter in skillet and add scallions. When they are bright green, add the cooked rice. Shovel it around until it is thoroughly heated. Divide rice and put into 2 large bowls. Sprinkle rice with a little bit of tamari if desired.

Melt 2 more teaspoons of butter in the skillet. Add kale and toss until the kale glistens and is starting to wilt. Put two tablespoons of water on the kale and cover until water is gone and kale is tender. Divide kale into the bowls with the rice. Sprinkle kale with a little bit of vinegar if desired.

Add remaining butter to skillet and heat until it sizzles a little. Break eggs into skillet. When whites are no longer transparent, flip each egg. It's up to you how long to let the egg cook. I like my yolk thick, but moving, which means about one minute or less on the flipped side.

Put one cooked egg into each bowl. Add a tablespoon or two of kim chee or sauerkraut. Dress all with a tiny trail of Thai chili sauce. Have a super-charged morning.

*Preparation time: 15 minutes with cooked rice
Makes 2 servings of one egg, 1 cup rice, ½ cup greens*

For 1 serving: 410 calories, 24g fat, 13g saturated fat, 255mg cholesterol, 39g carbohydrate, 3g fiber, 1g sugar, 11g protein, and 210mg sodium

Retail cost per serving (organic ingredients used when available): \$1.75

Original recipe for Cookus Interruptus, www.cookusinterruptus.com by Cynthia Lair 2010.

Garlic Sautéed Greens

1 bunch dark leafy greens, chopped
1-2 tablespoons extra virgin olive oil or ghee
1 tablespoon minced garlic

Garnish:

1/2 - 1 teaspoon brown rice vinegar
1/2 teaspoon tamari

For greens with tough stems, cut the leaves away from the stem before washing. Wash greens carefully. An easy way is to fill your sink with cold water and submerge the greens. If the water has a lot of sediment, drain the sink and repeat. Stack leaves and slice greens into thin strips.

Heat oil in a 10-inch skillet. Add garlic and sauté a minute or so. Add greens and keep them moving in the skillet. Turn frequently so that greens are evenly heated. When all greens have turned bright green and begun to wilt, remove from heat. Taste first -- when you chew it, it should taste sweet not bitter. If bitter, cook a bit longer. Sprinkle vinegar and tamari over the top. Toss gently and serve.

Preparation time: 15 minutes

Makes 2 cups, 4 servings

For ½ cup serving: 90 calories, 8g fat, 1g saturated fat, 0mg cholesterol, 4g carbohydrate, 1g fiber, 0g sugar, 1g protein, and 55mg sodium

Retail cost per serving (organic ingredients used when available): \$0.64



The Top: Garnishes and Sauces

- ❖ Amazing Almond Sauce
- ❖ Coconut Peanut Sauce
- ❖ Sesame Chile Dressing
- ❖ Classic Raita
- ❖ Cucumber Relish
- ❖ Lime Cabbage Slaw
- ❖ Apple Bok Choy Slaw
- ❖ Avocado Corn Salsa
- ❖ Mango Salsa



Amazing Almond Sauce

½ cup almond butter
½ cup orange juice
1 tablespoon grated ginger
3 garlic cloves, chopped
1 tablespoon maple syrup
6 tablespoons fish sauce
½ jalapeno, de-seeded and chopped (leave the seeds if you like more heat)
1 ½ teaspoons sea salt

Add the almond butter, orange juice, ginger, garlic, maple syrup, fish sauce, jalapeno and salt to a blender and blend until smooth. Place in a small saucepan and heat over medium-low heat. Serve over meat, poultry and/or whole grains.

Preparation time: 10 minutes

Makes 12 servings

For 2 tablespoon serving: 82 calories, 6g fat, 0.6g saturated fat, 0mg cholesterol, 5g carbohydrate, 0.5g fiber, 3g sugar, 2g protein, 1,033mg sodium

Retail cost per serving (organic ingredients used when available): \$0.65

Copyright 2010, J. Adler, Original recipe.



Coconut Peanut Sauce

¼ cup creamy peanut butter (almond butter also good)
2 teaspoons maple syrup
2 tablespoons tamari or shoyu
1 tablespoon brown rice vinegar
2 teaspoons grated gingerroot
1-2 teaspoons hot pepper oil
1/3 to 1/2 cup coconut milk

Place all ingredients for sauce together and whisk until smooth together in a small saucepan over medium to low heat. Stir gently until sauce begins to thicken. Add water if needed to get desired consistency. Serve immediately.

Preparation time: 10-15 minutes

Makes 8 servings

For 2 tablespoon serving: 91 calories, 8g fat, 3g saturated fat, 0g cholesterol, 4g carbohydrate, 1g fiber, 2g sugar, 3g protein, and 283mg sodium

Retail cost per serving (organic ingredients used when available): \$0.34

Recipe reprinted with permission from Feeding the Whole Family (third edition) by Cynthia Lair (Sasquatch Books, 2008). Video featured at www.cookusinterruptus.com.



Sesame Chile Dressing

2 tablespoons soy sauce
2 tablespoons apple cider vinegar
2 cloves garlic, pressed
5 teaspoons sugar
2 tablespoons mirin (or sake)
1 teaspoon grated ginger
2 teaspoons Thai chili sauce
¼ cup olive oil
2 tablespoons hot pepper sesame oil

Combine all the dressing ingredients except oils in a small bowl. Drizzle olive oil and sesame oil in slowly and whisk well to incorporate.

Preparation time 5-8 minutes

Makes about 4 servings

For 2 tablespoon serving: 233 calories, 21g fat, 3g saturated fat, 0mg cholesterol, 10g carbohydrate, 0g fiber, 8g sugar, 1g protein, 753mg sodium

Retail cost per serving (organic ingredients used when available): \$0.61



Classic Raita

½ English cucumber, seeded and diced
1 cup plain organic whole milk yogurt
1 clove garlic, pressed or finely chopped
2 teaspoons lemon juice
½ teaspoon cumin, ground
1 tablespoon finely chopped mint
Salt and pepper to taste

Cut the cucumber in half lengthwise and scoop out the seeds with a spoon. Dice the seeded cucumber and place in a bowl. Add the yogurt and garlic to the cucumbers and gently mix together. Fold in the olive oil, lemon juice, cumin, and fresh mint. Season to taste with salt and black pepper. Chill in the fridge, covered, for at least 30 minutes.

Preparation time: 10 minutes

Makes about 4 servings

For ¼ cup serving: 45 calories, 2g fat, 1g saturated fat, 8mg cholesterol, 5g carbohydrate, 0g fiber, 4g sugar, 3g protein, and 30mg sodium

Retail cost per serving (organic ingredients used when available): \$0.46

Adapted from Sundays at Moosewood Restaurant by The Moosewood Collective (Fireside Books, 1990).



Cucumber Relish

A recipe created by one of my students, Heather Kraetsch. It makes a lovely digestive topping for a variety of bowl choices. Can be made in advance and stored in a sealed container in the refrigerator.

½ medium cucumber, peeled, seeded and diced
1 serrano or jalapeno chili, minced
1 scallion, minced
¼ white onion, diced
¼ cup chopped cilantro
1 tablespoon lime juice
1 tablespoon brown rice vinegar
1 teaspoon sea salt
2 tablespoons sugar

Place all ingredients in a bowl. Gently stir until salt and Florida Crystals have dissolved. Allow mixture to marinate at least 20 minutes.

Preparation time: 5-10 minutes

Makes 4 small servings

For ¼ cup serving: 35 calories, 0g fat, 0g saturated fat, 0mg cholesterol, 9g carbohydrate, 1g fiber, 8g sugar, 0g protein, and 580mg sodium

Retail cost per serving (organic ingredients used when available): \$0.77

Recipe reprinted with permission from Feeding the Whole Family (third edition) by Cynthia Lair (Sasquatch Books, 2008). Video featured at www.cookusinterruptus.com.



Lime Cabbage Slaw

1 tablespoon extra-virgin olive oil
1 tablespoon lime juice
1 teaspoon sugar
Salt and pepper
1/2 cup shredded cabbage
4 leaves romaine, rolled and cut in thin strips
1/4 cup chopped red onion

Combine olive oil, lime juice, sugar, and salt and pepper in a bowl and whisk to emulsify. Cut vegetables and add to bowl. Toss together just before serving.

Preparation time: 10 minutes

Makes 3 servings

For ¼ cup serving: 57 calories, 5g fat, 0.5g saturated fat, 0mg cholesterol, 4g carbohydrate, 1g fiber, 1g sugar, 0g protein, and 3mg sodium

Retail cost per serving (organic ingredients used when available): \$0.37



Apple Bok Choy Slaw

A healthy twist on traditional slaw using apples, carrots, raw bok choy and a refreshing lemon-ginger dressing.

3 heads baby bok choy, or 1 head regular bok choy
1 apple, peeled and cut into matchsticks
1 carrot, peeled and cut into matchsticks
1 ½ tablespoons fresh lemon juice
1 ½ teaspoons safflower or sunflower oil
½ teaspoon fresh ginger, minced
1 teaspoon coarse sea salt
Freshly ground pepper

Cut bok choy in half, lengthwise, removing stem and any bruised leafy tops. Rinse each half thoroughly and slice crosswise into thin strips. Rinse in a colander and shake out most of the water.

In a medium bowl, mix lemon juice, oil and ginger. Toss with apple and carrot matchsticks and bok choy. Add teaspoon of coarse salt and freshly ground pepper to taste. Toss and refrigerate for at least 15 minutes before serving.

Preparation time: 30-45 minutes

Makes about 4-6 servings

For ½ cup serving: 25 calories, 1g fat, 0g saturated fat, 0mg cholesterol, 4g carbohydrate, 1g fiber, 3g sugar, 0g protein, and 250mg sodium

Retail cost per serving (organic ingredients used when available): **\$0.15**

Recipe from PCC Natural Markets



Avocado Corn Salsa

1 ripe medium avocado, peeled, pitted and diced
½ large ripe tomato
2 tablespoons finely chopped red or white onion
1 clove garlic, minced or pressed
½ cup corn kernels
2 tablespoons fresh cilantro
Juice of 1 large lime
½ teaspoon salt

In a medium bowl, combine all ingredients. Toss well, but maintain chunky consistency.

Preparation time: 10 minutes

Serves 6

For ¼ cup serving: 40 calories, 3g fat, 0g saturated fat, 0mg cholesterol, 4g carbohydrate, 1g fiber, 1g sugar, 1g protein, and 120mg sodium

Retail cost per serving (organic ingredients used when available): \$0.48

Adapted from the California Avocado Commission's recipe for Official 1999 Cinco de Mayo Avocado Salsa (www.avocado.org).



Mango Salsa

This topping is wonderful served with grilled shrimp and rice.

2 ripe mangos, cut away from core, score and cut chunks off skin
1 bunch scallions, thinly sliced on diagonal
2 jalapenos, finely diced
1/3 cup finely chopped cilantro
Juice of 2 limes, about 2 tablespoons
1 teaspoon salt

Mix all ingredients for salsa together in a bowl. Let sit about 30 minutes in refrigerator to mingle flavors before serving.

Preparation time: 10 minutes, 30 minutes to marinate

Makes 6 servings

For ¼ cup serving: 60 calories, 0g fat, 0g saturated fat, 0g cholesterol, 15g carbohydrate, 1g fiber, 2g sugar, 1g protein, and 360mg sodium

Retail cost per serving (organic ingredients used when available, organic mangos are pricey!):
\$1.53

Recipe reprinted with permission from Feeding the Whole Family (third edition) by Cynthia Lair (Sasquatch Books, 2008). Video featured at www.cookusinterruptus.com.



Bowl Combos!

1.

Polenta
Man-to-Man Black Bean Stew
Avocado Salsa and Sour Cream

8.

Basmati Brown Rice
Coconut Chicken Soup
Cucumber Relish

2.

Quinoa
Chickpea Vegetable Indian Curry
Yogurt Cucumber Sauce

9.

Mexican Brown Rice
Man-to-Man Black Bean Stew
Lime Cabbage Slaw

3.

Moroccan Quinoa
Winter Moroccan White Bean Stew
Mango Salsa

10.

Coconut Quinoa
Chinese Cabbage and Chicken
Amazing Almond Sauce

4.

Soba
Edamame Beef Salad
Sesame Chile Dressing

11.

Baked Brown Rice
Be Bop Bowl
Kim Chee or Sauerkraut

5.

Polenta
Hoppin' John
Sour Cream

12.

Wild Rice
Coriander Garlic Beef Sweet Potato Stew
Apple Bok Choy Slaw

6.

Golden Spice Rice
Teriyaki Chicken and Vegetables
Cucumber Relish

13.

Corn Tortillas
Carne Asada with Kale and Onions
Avocado Corn Salsa

7.

Soba Noodles
Pan-Fried Tofu (or Chicken) and Greens
Coconut Peanut Sauce

14.

Tabouleh Salad
Yogurt Marinated Chicken Kebobs
Yogurt Cucumber Sauce

Nourish:

Resources

Websites for Further Education

Cooking & Food Lovers Sites

Cookus Interruptus

www.cookusinterruptus.com or www.cookus.tv

How to cook fresh local organic whole foods despite life's interruptions. Over 125 short humorous recipe videos. Psst – there's a story cooking too!

101 Cookbooks

<http://www.101cookbooks.com/index.html>

Heidi Swanson's is the author of *Super Natural Cooking*. Her site can be summed up in two sentences: When you own over 100 cookbooks, it is time to stop buying, and start cooking. This site chronicles a cookbook collection, one recipe at a time.

Culinate

<http://www.culinate.com/home>

An ongoing conversation about learning to eat well with articles, cooking tips, interviews, recipes, podcasts, food news, blog posts to help people put real food at the center of their lives.

Edible Seattle

<http://www.ediblecommunities.com/seattle/>

Edible Seattle is the only magazine dedicated to supporting food in the Puget Sound region.

National Center for Home Food Preservation

<http://www.uga.edu/nchfp/index.html>

One-stop shopping for all of the how-to's of canning, freezing, smoke curing, fermenting, and pickling.

Orangette

<http://orangette.blogspot.com/>

Seattle blogger Molly Wizenberg and the author of *A Homemade Life* writes about food, cooking, life and the opening of her Ballard neighborhood restaurant, Delancey.

Slow Food

<http://www.slowfood.com/>

Slow Food is a global, grassroots organization with supporters in 150 countries around the world who are linking the pleasure of good food with a commitment to their community and the environment.

Slow Food Seattle

<http://slowfoodseattle.wordpress.com/>

The Seattle-area chapter of the global organization hosts many opportunities for you to support and become involved in the slow food movement.

Cooking Classes

Bastyr University

<http://www.bastyr.edu/>

The only fully-accredited school of natural medicine offering degrees in naturopathic medicine, acupuncture and oriental medicine and nutrition, now offering a Bachelor's degree in Nutrition and Culinary Arts. Continuing education courses offered year round.

Quillisascut Farm

<http://quillisascut.com/farm-school/>

The ultimate farm school experience. Milk goats and make cheese, visit bees, see goat, duck and chicken from start to finished product. Attending Rick and Lora Lea's amazing summer school will change your life.

PCC Cooks!

<http://www.pccnaturalmarkets.com/pcccoks/>

Excellent gourmet and everyday whole foods cooking classes offered in the Seattle, WA area.

Puget Sound Personal Chef Association

<http://www.pugetsoundpersonalchefs.com/>

Many Seattle-area personal chefs offer one-on-one cooking classes, in their home or yours, and can tailor classes to your skill level and interests.

Seattle Culinary Academy

<http://seattlecentral.edu/seattleculinary/>

The Seattle Culinary Academy offers degree programs in the culinary arts.

Whole Foods Market Cooking Classes

<http://wholefoodsmarket.com/stores/cooking-classes/>

Whole Foods Market offers a variety of cooking classes geared to kids and adults of all skill levels in their Roosevelt and Bellevue location.

Buying Local, Sustainable & Organic

Cascade Harvest Coalition

<http://www.cascadeharvest.org/>

Cascade Harvest Coalition is a non-profit organization dedicated to “re-localizing” the food system in Washington State by supporting farmers, educating consumers and building healthy communities.

Chef’s Collaborative

<http://seattlechefs.org/>

The Seattle-area Chefs Collaborative works with chefs and the greater food community to celebrate local foods and foster a more sustainable food supply.

Cook Local

<http://www.cooklocal.com/>

Seattle-area bloggers extol the virtue—and ease—of cooking, primarily with local, sustainable foods.

Cornucopia Institute

<http://www.cornucopia.org/>

The Cornucopia Institute seeks economic justice for the family-scale farming community. Through research, advocacy, and economic development, their goal is to empower farmers - partnered with consumers - in support of ecologically produced local, organic and authentic food.

Eat Wild

<http://eatwild.com/>

Eat Wild helps locate grass-fed food such as eggs, dairy and meat and educates consumers on the benefits of choosing grass-fed meat, poultry, eggs, and dairy products.

Eat Well Guide

<http://www.eatwellguide.org/i.php?pd=Home>

The Eat Well Guide® is a free online directory for anyone in search of fresh, locally grown and sustainably produced food in the United States and Canada.

Environmental Working Group Food News

<http://www.foodnews.org>

The Environmental Working Group maintains this site to provide information to consumers about the how to make educated decisions about choosing between organic and conventionally-grown foods. You can download a wallet guide to help you with your grocery shopping at <http://www.foodnews.org/walletguide.php>.

Local Harvest

<http://www.localharvest.org/>

Local Harvest helps you find a local farmer's market or community supported agriculture (CSA) farm in your area.

Monterey Bay Aquarium Seafood Watch

<http://www.montereybayaquarium.org/cr/seafoodwatch.aspx>

The Monterey Bay website provides consumer information on sustainable fishing practices and provides an interactive tool to find the best choices for sustainably-caught or raised seafood.

Organic Consumers Association

<http://www.organicconsumers.org/>

The Organic Consumers Association is a grassroots, nonprofit organization dedicated to building a healthy, equitable, and sustainable system of food production and consumption. They are a global clearinghouse for information and grassroots technical assistance for maintaining strict organic standards.

Puget Sound Fresh

<http://www.pugetsoundfresh.org/index.htm>

Puget Sound Fresh is a buy local program that supports producers operating in any of the 12 Puget Sound Counties: Whatcom, Skagit, Snohomish, King, Pierce, Thurston, Jefferson, Clallam, Kitsap, Mason, Island and San Juan.

Seasonal Cornucopia

<http://www.seasonalcornucopia.com/sc/default.asp>

This cool interactive site helps chefs, restaurateurs, home cooks and gardeners in the greater Puget Sound Region of the Pacific Northwest easily identify when local foods are in season.

Seattle Good Business Network

<http://www.seattlenetwork.org/>

Seattle Good Business Network is an aspiring network of like-minded people who promote “buy local” and believe that local, independent businesses are the heart and soul of a sustainable local economy.

Sustainable Table

<http://www.sustainabletable.org/home.php>

Celebrates the sustainable food movement and educates consumers on food related issues.

Food & Nutrition Research, Advocacy & Outreach

Better School Food

<http://www.betterschoolfood.org/>

BSF is composed of health professionals, educators and concerned parents. Their mission is to support parents and others in advocating for a better food environment wherever kids meet and eat.

WA State Dept. of Agriculture Farm-to-School Program

<http://www.agr.wa.gov/Marketing/farmtoschool/>

The WSDA Farm-to-School Program is dedicated to fostering relationships between schools and agricultural producers in Washington State.

King Corn

<http://www.kingcorn.net/>

Watch this movie! It's available on Netflix. This explains the whole food system in the U.S. and why it is causing so many economic and health problems. This documentary is informative, non-judgmental and very engaging.

Let's Move

<http://www.letsmove.gov>

Let's Move is First Lady Obama's National Campaign against childhood obesity, an initiative that engages every sector impacting the health of children and will provide schools, families and communities simple tools to help kids be more active, eat better, and get healthy

Marion Nestle's Blog

<http://www.foodpolitics.com/>

Marion has her finger on the pulse of everything to do with food consumerism. She is the maven of food politics and a watchdog of food research. Marion also has a very approachable style and oodles of common sense.

Nutrition Blog Network

<http://www.nutritionblognetwork.com/>

The Nutrition Blog Network is a collection of blogs written by registered dietitians.

Nutrition Unplugged

<http://nutritionunplugged.com/>

Thoughts, opinions, musings and discussion about nutrition, food trends, diet myths, new products and fad-free healthy eating.

Pure Food Kids

<http://www.flagshipfoundation.org/>

Beecher's Flagship Foundation teaches Seattle-area 4th and 5th graders about healthy food choices and nutrition. In the classroom, students learn how to read a nutrition label and decipher an ingredient list, about potentially harmful food additives, and how to make a hearty vegetable chili.

Sugar: The Bitter Truth

<http://www.youtube.com/watch?v=dBnniua6-oM>

Robert H. Lustig, MD, UCSF Professor of Pediatrics in the Division of Endocrinology, explores the damage caused by sugary foods. If you want to see and hear an excellent lecture that explains clearly how the steady increase of sugar in the American diet is responsible for wreaking havoc on our health, watch this.

Tufts Health & Nutrition Letter

<http://www.tuftshealthletter.com/Default.aspx>

The Tufts Health & Nutrition Letter is a gateway to reliable, evidence-based health and nutrition advice that helps readers take direct and immediate actions to improve their health.

School Nutrition Association (SNA)

www.schoolnutrition.org

National professional organization for school nutrition employees working to ensure all children have access to healthful meals and nutrition education

Washington Nutrition Association (WSNA)

www.washingtonsna.org

State professional organization for school nutrition employees

National Food Service Management Institute

www.nfsmi.org

The research branch of USDA, specifically for school and child care programs

USDA

www.fns.usda.gov/tn/healthierus/index.htm

A campaign to create healthier school environments through the promotion of nutrition and physical activity.

Action for Healthy Kids

www.actionforhealthykids.org

Addresses the epidemic of overweight, sedentary, and undernourished youth by focusing on changes in schools to improve nutrition and increase physical activity.

Books

Cookbooks and Kitchen & Shopping Tips

1. Albi, Joanne and Catherine Walthers. **Greens Glorious Greens** (St. Martin's Press, 1996).
2. Beard, James. **Theory & Practice of Good Cooking** (Knopf, 1977)
3. Bittman, Mark. **The Food Matters Cookbook: 500 Revolutionary Recipes for Better Living** (Simon & Schuster, 2010).
4. Fortin, Francois. **The Visual Food Encyclopedia** (Macmillan, 1996).
5. Cook's Illustrated Editors. **834 Kitchen Quick Tips: Techniques and Shortcuts for the Curious Cook**. (America's Test Kitchen, 2006).
6. Green, Aliza. **Field Guide to Produce** (Quirk Books, 2004).
7. Lagasse, Emeril. **Farm to Fork: Cooking Local, Cooking Fresh** (HarperCollins Publishers, 2010).
8. Lair, Cynthia. **Feeding the Whole Family** (Sasquatch Books, 2008)
9. McGee, Harold, **Keys to Good Cooking**, (Penguin Press, 2010)
10. The Moosewood Collective, **Sundays at Moosewood Restaurant** (Simon and Schuster, 1990).
11. Nestle, Marion. **What to Eat** (North Point Press, 2006).
12. Robinson, Jo. **Pasture Perfect** (Vashon Island Press, 2004) .
13. **The Rodale Whole Foods Cookbook: With More Than 1,000 Recipes for Choosing, Cooking, and Preserving Natural Ingredients** (Rodale Press, Inc, 2009).
14. Swanson, Heidi. **Super Natural Cooking** (Ten Speed Press, 2007)
15. Tyler Herbst, Sharon. **Food Lover's Companion** (Barron's Educational Series, 1995)
16. Waters, Alice. **The Art of Simple Food: Notes, Lessons, and Recipes from a Delicious Revolution** (Crown Publishing Group, 2007).
17. Waters, Alice. **In the Green Kitchen: Techniques to Learn by Heart** (Crown Publishing Group, 2010).
18. Wood, Rebecca. **The Splendid Grain** (William Morrow, 1997).
19. Wood, Rebecca. **Whole Foods Encyclopedia** (Penguin Books, 1999).

Health via Food

1. Colbin, Annemarie. **Food and Healing** (Ballantine, 1986).
2. David, Marc. **The Slow Down Diet** (Healing Arts Press, 2005)
3. Fallon, Sally. **Nourishing Traditions** (ProMotion Publishing, 1995).
4. Katz, Sandor Ellix. **Wild Fermentation**. White River Junction, VT: Chelsea Green Publishing, 2003.
5. Pitchford, Paul. **Healing with Whole Foods** (North Atlantic Books, 1993).
6. Wansink, PhD, Brian. **Mindless Eating**. (Bantam Books, 2006)

History, politics and narratives

1. Bittman, Mark. **Food Matters: A Guide to Conscious Eating with More Than 75 Recipes** (Simon & Schuster, 2009).
2. Cooper, Ann. **Lunch Lessons: Changing the Way We Feed Our Children** (William Morrow, 2006).
3. Ettlinger, Steve. **Twinkie, Deconstructed: My Journey to Discover How the Ingredients Found in Processed Foods Are Grown, Mined (Yes, Mined), and Manipulated Into What America Eats** (Hudson Street Press, 2007).
4. Kingsolver, Barbara. **Animal, Vegetable, Miracle: A Year of Food Life** (HarperCollins, 2007)
5. McGee, Harold. **On Food and Cooking** (Collier Books, 1984).
6. Nestle, Marion. **Food Politics** (University of California, 2003)
7. Pollan, Michael. **The Omnivore's Dilemma** (Penguin Press, 2006)
8. Pollan, Michael. **In Defense of Food**. Penguin Press, 2008).
9. Pollan, Michael. **Food Rules: An Eater's Manual**. (Penguin Press, 2009)
10. Price DDS, Weston. **Nutrition and Physical Degeneration** (Price Pottenger Foundation, 1945, 1970).
11. Spurlock, Morgan. **Don't Eat This Book: Fast Food and the Supersizing of America** (Berkley Trade, 2006).
12. Wilson, Charles and Eric Schlosser. **Chew On This: Everything You Don't Want to Know About Fast Food** (Houghton Mifflin Books, 2006).
13. Winter, Ruth. **A Consumer's Dictionary of Food Additives: Descriptions in Plain English of More Than 12,000 Ingredients Both Harmful and Desirable Found in Foods** (Three Rivers Press, 2004).

Research Abstracts

Whole Grains May Reduce Risk of Developing Diabetes

Researchers at the Harvard School of Public Health found that replacing less than one serving of white rice per day with the same amount of brown rice could lower the risk of developing type 2 diabetes by 16%, and replacing white rice with whole grains in general might reduce the risk by as much as 36%. Read a summary of the research in the Tufts Health Letter at <http://www.tuftshealthletter.com/ShowArticle.aspx?RowID=852>.

Sun, et al. White Rice, Brown Rice, and Risk of Type 2 Diabetes in US Men and Women. *Arch Intern Med*. 2010;170 (11):961-969.

Super-Sized Fast Food Meals Are Still Here—and Contributing to Rising Obesity Rates

Americans eat a significant number of calories from fast food meals and the large meal sizes offered at fast food restaurants make portion control difficult. As obesity rates in the United States continue to rise, fast food companies persist in ignoring public health requests to reduce the portion sizes offered to customers. Portion sizes of fast food meals in the United States are two to three times the size than when they were first introduced, and are significantly larger than those sold in Europe. Read the research article at <http://65.162.96.74/resources/Other/1000-portion%20size%20study.pdf>.

Lisa R. Young and Marion Nestle. Portion Sizes and Obesity: Responses of Fast-Food Companies. *Journal of Public Health Policy* (2007) 28, 238–248.

Mom was Right—Eating Greens is Good For You

A new study shows that people who eat at least one serving of green leafy vegetables a day are less likely to develop diabetes than those who don't eat their greens. Researchers are unsure of the exact reason, although green vegetables do contain many antioxidants like beta carotene and Vitamin C, and other components such as magnesium and alpha-linolenic acid (ALA). It's always best to get nutrients from whole foods sources, as studies do not show the same benefit from supplements. Read a summary of the research article here: <http://www.tuftshealthletter.com/ShowArticle.aspx?RowID=882>

Carter et al. Fruit and Vegetable Intake and Incidence of Type 2 Diabetes Mellitus: Systematic Review and Meta-Analysis. *BMJ* 2010; 341:c4229.

Eating Whole Grains May Help Prevent Certain Cancers & Cardiovascular Disease

Research shows that eating whole grains protects against cancer, especially gastric and colon cancer, as well as cardiovascular disease. Protective components of whole grains include fiber, resistant starch, oligosaccharides and antioxidants. Whole grains also bind carcinogens and slow down the release of sugar into the blood stream. Read a summary of the research at <http://www.ajcn.org/content/70/3/459S.abstract>.

Slavin et al. Plausible Mechanisms for the Protectiveness of Whole Grains. American Journal of Clinical Nutrition, Vol. 70, No. 3, 459S-463S, September 1999.

Other research used for this workbook:

- ❖ Obesity and prescription drug statistics from Center for Disease Control and Prevention (CDC)
- ❖ Diabetes facts from American Diabetes Association
- ❖ National Center for Health Statistics: NCHS Data Brief No. 42, September 2010.
- ❖ Expanding portion sizes in the US marketplace: <http://www.foodpolitics.com/wp-content/uploads/jada2003expandingportions.pdf>
- ❖ Nutrition benefits of organic produce:
<http://www.ota.com/organic/benefits/nutrition.html>

Other whole grain research includes:

- ❖ Chavarro, Jorge and Walter Willett, Patrick J. Skerrett, B. Schulze, M. Schulz, C. Heidemann, A. Schienkiewitz, K. Hoffmann, and H. Boeing, **The Fertility Diet** (McGraw-Hill, 2007)
- ❖ **Fiber and Magnesium Intake and Incidence of Type 2 Diabetes: A Prospective Study and Meta-analysis**, Arch Intern Med, May 14, 2007; 167(9): 956 - 965.
- ❖ J. Montonen, P. Knekt, R. Jarvinen, A. Aromaa, and A. Reunanen, **Whole-grain and fiber intake and the incidence of type 2 diabetes**, Am. J. Clinical Nutrition, March 1, 2003; 77(3): 622 - 629.
- ❖ Schatzkin, T. Mouw, Y. Park, A. F. Subar, V. Kipnis, A. Hollenbeck, M. F. Leitzmann, and F. E. Thompson, **Dietary fiber and whole-grain consumption in relation to colorectal cancer in the NIH-AARP Diet and Health Study**, Am. J. Clinical Nutrition, May 1, 2007; 85(5): 1353 - 1360.

The People

Jennifer Adler (workshop instructor) promotes a delicious, integrative approach to nutrition. She provides individual and family nutrition counseling at her private practice, Realize Health, is an adjunct faculty member at Bastyr University and is a co-founder of the International Eating Disorders Institute. She holds a Masters of Science in Clinical Nutrition.

Lisa Arose (workbook researcher) graduated from Columbia University in 1998 with a degree in Biological Sciences and later went on to get her MBA with a concentration in Marketing from Wright State University. Lisa is currently pursuing certification as a Registered Dietitian through the Dietetic Internship Program at Bastyr University.

Eric Boutin (Grant writer) Nutrition Director of Seattle Public Schools

Margaret Dam RD, CD (workshop grant coordinator) is the Dietitian and Child Nutrition Program supervisor for the Auburn School District. Margaret has actively worked in the field of school nutrition for 30 years, promoting healthy meals for children. She enjoys working with students and staff to ensure access to healthy foods for all.

Anita Finch (consultant) recently retired after forty years as a Registered Dietitian and continues to stay involved in nutrition through consulting. Her passion for nutrition education has served her well over the years in her roles as university professor, public health nutritionist, private and public sector nutrition consultant, dietitian and nutrition educator for public schools, and lastly as Director of School Nutrition Services for Seattle Schools. Her commitment to school nutrition services spans twenty years with service on both state and national boards and committees.

Cynthia Lair (workshop curriculum designer and trainer of instructors) has been a part of the nutrition faculty at Bastyr University since 1994 and currently serves as director of their culinary arts program. She is the co-creator and host of the popular online cooking show, Cookus Interruptus (www.cookus.tv). Over 50,000 copies of her cookbook, Feeding the Whole Family, have been sold.

Marta Mazzanti, RD, (workshop instructor) received both her undergraduate degree and master degree in nutrition from Bastyr University. She is currently working as a pediatric clinical dietitian at Seattle Children's Hospital. Her passion for food, originally rooted in the soils of Italy, has been influenced by the climates and spices of many cultures. She believes that to change people's health and dietary patterns, a deep sensory connection with food must be established. The sharing of this teaching is her career commitment.

Katy McCauley (student volunteer) graduated from the University of California at San Diego in 1999 with a degree in Literature and Writing, and is currently seeking her Masters in Nutrition through the Didactic Program in Dietetics at Bastyr University.

Donna Oberg, MPH, RD (Schools Coordinator for the Communities Putting Prevention to Work (CPPW) grant) is responsible for oversight of the Child Nutrition Certificate trainings and other school district grantees working on Healthy Eating and Active Living activities in King County. Donna is dedicated to improving health through policy work including coordinating the passage of the menu labeling regulation in King County and administering nutrition programs for Public Health Seattle & King County for over 25 years.

Patrice Savery (workshop instructor) spent her formative years overseas. While seated at dinner tables around the world, she gained an appreciation for food and culture and cooking with fresh, seasonal ingredients. She holds a culinary arts degree from Seattle Culinary Academy and a master's in food studies from New York University, where she focused on issues of healthy eating among children. Patrice is committed to food education, healthy eating, and connecting others to the joys of the table.

Kate Schenk (workshop instructor) received her master's in nutrition from Bastyr University in 2006 and currently works at Lifelong AIDS Alliance as a nutrition consultant. Her aim is to teach people basic, simple ways to improve their diet through the use of whole foods. Kate lives in Seattle where she also teaches cooking classes and writes a food blog.

Sarah Seppa (student volunteer) graduated from Hobart and William Smith Colleges in 2002 with a BS in Environmental Science. Living in Sun Valley, Idaho, she developed a passion for healthy cooking and lifestyle and is currently working towards her MS in Nutrition Science from Bastyr University.

Leika Suzumura, RD, (workshop instructor) received her undergraduate degree in nutrition from Bastyr University and currently works as a nutrition educator for PCC Natural Markets and lead coordinator for Community Kitchens Northwest. She is passionate about food justice and the pursuit of making quality foods accessible to all people. Her strategy is founded on community networks and empowering people with the knowledge and skills necessary to take charge of their health for the greatest quality of life.

Carol White, MS, RD, (workshop workbook and PowerPoint designer) received her Master's degree in nutrition from Bastyr University and has a special interest in school nutrition. Prior to her career as a dietitian, she practiced her writing and design skills in various positions as a writer, website designer, and editor and production manager of a newspaper. Currently, she is blending her dual passions for writing and nutrition education as a freelance nutrition writer, and is working in a long term care facility in Seattle.

Sara Willis (student volunteer) graduated from Renton Technical College with a certificate in Culinary Artistry. She is currently attending Bastyr University for her Bachelor of Science in Nutrition Didactic Program in Dietetics and is working towards becoming an RD.

The Grant

King County: COMMUNITIES PUTTING PREVENTION TO WORK

More than 4,300 people die from heart disease, lung cancer, stroke, and diabetes every year in King County. Poor nutrition, lack of physical activity, tobacco use, and exposure to tobacco smoke are critical risk factors for these chronic diseases. In King County, almost a third of youth in middle and high school are overweight or obese and over half of King County adults are either overweight or obese. People who most often experience these risk factors tend to be low income, people of color, as well as those living in south King County or south Seattle.

In spring 2010, Public Health - Seattle & King County was awarded two highly-competitive federal stimulus grants to address the leading causes of death in our region as part of the Centers for Disease Control & Prevention's Communities Putting Prevention to Work (CPPW). CPPW funds policy, systems and environmental changes that support residents in making healthier choices to reduce obesity and tobacco use; the main contributors to premature illness, death, and health care costs locally and nationally. The grant does not fund direct service, but instead supports projects like the creation of healthier food environments and spaces to be physically active.

More than 50 local organizations, plus local leaders and elected officials, have united with the common vision of making healthier choices more accessible to everyone in our county. In July 2010, Public Health awarded \$8.9 million to fund school districts, community-based organizations, and local governments to improve nutrition and physical activity, and decrease tobacco use and exposure. This investment will reduce chronic diseases and save millions of dollars in medical spending. Below is a description of the Communities Putting Prevention to Work activities involving schools in King County:

Improving Nutrition in the Schools

- ❖ CPPW school districts are being trained on new nutrition standards proposed by USDA and Institute of Medicine will be working toward phasing these in for school meals.
- ❖ Auburn School District Child Nutrition Services Department is coordinating the development of the Food Service Certificate Program - **Discover. Cook. Nourish.** created by Cookus Interruptus. Food service staff (150) in King County will gain skills and learn new recipes related to whole foods preparation.
- ❖ Seattle Public Schools is working with a chef group to develop new recipes and enhance their "Harvest of the Month" program to promote Washington grown produce, grains and dairy in meals.

Farm to School:

Washington Sustainable Food & Farming Network is:

- ❖ Clarifying the federal, state, local and school district food procurement requirements to assist schools with implementing the new geographic procurement rules
- ❖ Developing a toolkit for implementing best procurement practices and providing outreach and training to school districts
- ❖ Providing technical assistance to schools on purchasing Washington-grown foods

Kent School District is:

- ❖ Developing and implementing a district-wide model Farm to School program working with the WA State Dept of Agriculture- Farm to School Program
- ❖ Sharing the model farm to school program with other King County school districts
- ❖ Developing an equipment guide and local grown food calendar that will be available for other districts to use

King County Dept. of Natural Resources and Parks – Farmers Market is:

- ❖ Increasing access to healthy foods for WIC and Washington Supplemental Nutrition Assistance Program (SNAP) recipients by working with farmers markets in South King County to accept monthly WIC checks for fruits and vegetables and EBT cards.

Public Relations Campaigns

- ❖ Student-led public relations campaign promoting the benefits of eating right and exercising more
 - Auburn School District
 - Renton School District
- ❖ Promoting healthier foods through new recipes, marketing, student involvement, labeling and nutrition education
 - Renton School District (digital menu boards)
 - Highline School District
 - Seattle School District

Quality Physical Education and Recess Before Lunch

- ❖ Districts are developing new high quality physical education curricula in alignment with the state standards. Staff is being trained to implement the sequential K-12 curricula. This will result in increased time students spend being physically active during their physical activity classes.
 - Auburn School District
 - Seattle School District
 - Tukwila School District
- ❖ Highline School District is working with eight elementary schools to change recess time so that it is before lunch. Research shows that recess before lunch improves student academic performance, nutrition, and behavior.
- ❖ Highline School District and Northshore School District will increase access to physical activity through establishing joint use agreements with schools and cities to formalize shared use of public property or facilities in their communities.

Safe Routes to School

- ❖ Six school districts are implementing Safe Routes to Schools programs in three elementary schools with assistance from the Bicycle Alliance of Washington and Feet First. Activities include conducting walking audits with parents, school staff, students, city planners, and law enforcement officers and kick-off events to share walking maps and encourage families to support their students in walking to school.
 - Auburn School District
 - Kent School District
 - Renton School District
 - Tukwila School District
 - Highline School District
 - Seattle School District
 - Northshore School District

Community Coalition Supports Healthy Eating and Active Living:

Highline School District is working with the Cities of Burien, SeaTac, Des Moines and Normandy Park to form the Healthy Highline Community Coalition to support healthy eating and physical activity policies such as Joint Use Agreements to increase access to facilities for physical activity.

For more information visit:

www.kingcounty.gov/healthservices/health/partnerships/CPPW.aspx